

#### AAHPERD JRFH/HFH GRANT

### **Underwood Elementary School and Jump Rope for Heart**

In 1988 I held my first Jump Rope for Heart event. This was when I taught in Manitowoc, WI and we did it as a district on a Saturday in the high school field house. The students came and filled the house and participated all morning long.

I've been hooked on JRH ever since. We celebrate JRFH on February 14<sup>th</sup> in conjunction with heart month. Throughout the month, students learn all about the heart. Then on JRFH day, they pretend to be the blood cells in the body traveling the course. They enter the "heart" and jump rope in the "lungs" as they continue traveling around the obstacle course. They absolutely love it. They are able to listen to their heart beating by using the stethoscopes provided in the HEART POWER resource program. The kindergartners love to listen to the story "Big News! Straight from the Heart." I look forward to receiving the Totally Healthy You resource guide every year for all of the new lesson ideas. At the beginning of every year, the students keep asking me when Jump Rope for Heart will take place – they can't wait.

At Underwood School, we hold events in honor of some students and teachers who have had a number of different heart surgeries. We attempt to promote awareness and to develop empathy for fellow students and adults. During these events, we encourage jumping with Chinese jump ropes and doing double dutch to basic moves to keep them jumping. The challenge provides a new enthusiasm for exercising.

A new afterschool program that combines reading and exercise has been recently implemented. Students from various high school sport teams in our district come once a week to read with children for a half hour. After that half hour, the students participate in a physical activity for another half hour. This has been a very successful program for all involved – even the teen athletes. This year I would like to incorporate this into our Jump Rope for Heart Program. Along with performing different sports, the athletes will be helping students learn to jump rope. We have found an increase in physical activity at recess as well as afterschool.

# Rational and Proposed Budget:

The money provided by the grant will be used to enhance the afterschool program along with the physical education curriculum by providing equipment for snowshoeing - a winter activity to address the typical decrease in exercise occurring at this time of year. Underwood Elementary lacks space for other physical education activities due to an extremely small gym. If we owned snowshoes, I could utilize them for exercise even without snow on the grass. We fortunately have an enormous field area behind our school. I'm excited to extend my curriculum to incorporate an outdoor activity during the winter that would increase our students' aerobic activity. I am committed to helping children develop lifelong habits of health, education, and physical fitness through outdoor winter activity. Our students would truly become the winners of the Jump Rope for Heart program by receiving this grant.

Snowshoeing would include all of the 6 standards of NASPE while providing all students with a lifelong activity that would bring years of personal enjoyment thus enhancing their level of fitness. It would also include AAHE Standard 1.1.5 to describe the relationship between healthy behaviors and personal health. Participation in snowshoeing at Underwood Elementary would be inclusive – students with special needs would be able to engage in this activity successfully, thus promoting peer respect and empathy. This would positively challenge our youth in the third through fifth grades with a physical activity that would foster life-long respect for self, others, and the environment. Most of our students don't have the available resources to obtain this type of experience at home. Through this grant, I would be able to provide that learning experience for my students for years to come. In addition, I would be enhancing the mentor-student relationship for all the students participating in the afterschool program.

## Blazing Trails

# Target Group:

Third through fifth graders will use the snowshoes during physical education class. They may also use it as a club activity during the lunch recess. Fourth and fifth graders will use them in conjunction with the pedometers in physical education class and for the Blazing Trails club during lunch recess. They would also be used in the afterschool peer—mentor program.

# Equipment:

Redfeather Youth 2 Snowshoes 19 @\$63.69

Total \$1210.11 (-10.11) from my budget