

The Passion we have for Jump Rope for Heart

I have taught at Longridge Elementary since 2003 and my school community has participated in Jump Rope for Heart. Every year, the event continues to improve and grow. Our school community has roughly about 820 students. We hold our Jump Rope for Heart event for our second through fifth grade students. Our event is held afterschool and we provide transportation home for our students. We start off our event by talking to our physical education classes about Jump Rope for Heart and what the event helps to do for our community. We inform the students how the event works. Students come down right afterschool for an hour and in the beginning they can select items to use such as a jump ropes, skip-its, double dutch ropes, Chinese jump ropes or jump bands. When students come down to the gymnasium they form small groups to help maximize the safety. One person from each group is jumping and after one minute students hear a whistle, at which time they have to switch jumpers. Those who are not jumping are doing a word search on the side where they can work safely. The last 20 minutes we turn the gymnasium in to a dance party with songs like the Cha-Cha Slide, Electric Slide and Space Jam just to name a few.

I would have to say one of my favorite parts about this day is the support we get from our teachers. This event really brings us together as a school community. We have several different grade-level teams, whose teachers come down to jump with their students. We have several who love to turn the double dutch jump ropes. In addition we have several teachers and volunteers who come and assist with the collecting of donations. Our secretaries assist us in making sure the students are assigned the correct bus to take home.

Our hallways show how our students are impacted by various heart conditions. Students bring back "their in honor of ..." or "memory of ..." slip to hang in our main hallway on our enormous red heart. This helps to give the students a visual to see that various people are affected by this in many ways.

How will this Grant support our school community and encourage students to be physically active?

This grant will enhance our school physical education program by allowing us to purchase and increase the activities we offer to our students and keeping them interested and enthused about being physical active. Our K-2 students receive 55 minutes one week and 82 minutes the second week. Our 3-5 students get 137 minutes one week and 110 the second week. Our 3-5 grade students have another chance to have addition minutes if one of the physical educational teachers works with the classroom teachers this adds about a half hour or more to their minutes. These lessons that combine with classroom teacher's are integrated lessons.

With this grant, I would be looking to purchase some items for classrooms to use during recess. Our school's bus loop has various activities painted for students such as four-square, a relay track, and a hop scotch area. I would like to provide students with a selection box of equipment they can use during their outside recess time. Items I would like to have in the box are throwing items (footballs, rubber animals ect.), basketballs,

four-square balls, hula-hoops jump ropes and more. This would allow students to engage in physical activities that provide enjoyment, personal challenge, self-expression and social interaction (NASPE Standard 6).

I would also like to provide students with new opportunities that you can find at local parks. One park that is less than two miles from our school has lots of great opportunities for our students to be active and an excellent price for our school community, free. This park has soccer fields, exercise circuits, disc golf course, tennis courts, basketball courts, trails and more. I would like to provide my students with the knowledge and background needed to be physically active in those settings. This would help to reinforce the following NASPE Standards

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Sample Budget if we were lucky to receive this grant.

Equipment	would like	cost
Four square utility ball pack	1	38.49
Mini Football	1	74.99
Food Fun Nutrition Cards	2	19.98
Portable disc golf	3	539.97
Air darts	2	31.98
BlongBall	2	119.98
Buckets	2	53.98
Training Set	1 set	204.99
Budget Volley Trainer	4	67.96
J.U.M.P	1	16.99
BODY BINGO	1	21.99
Chinese Jump Ropes	3	8.37
Total		1199.67

With continued budget cuts and the frequent rising costs, it makes it harder for our school district to send us to these events. In our district I am always willing to lead professional development for other physical educational teachers. This opportunity would allow me to share what I learn at the conference with my fellow colleagues, allowing us to stay current and guide our students in leading more active and physically educated lives.