

The Pulse

American Alliance for Health, Physical Education, Recreation and Dance

Summer 2010



American Alliance for
Health, Physical Education,
Recreation and Dance



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www.aahperd.org/jointprojects
www.heart.org

The Pulse Newsletter

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How Far Does Your Jump Rope Reach?

By Kris Fritz WI AHPERD



Two Early Learning Center staff members participated in a June Mission of Mercy Trip to Kenya, Africa. Mary Jo Cyr, ELC food services, and Maria Hodges, a classroom educational assistant, are both avid walkers and very health conscious. In addition to the usual mission trip planning and preparation that included how they would serve spiritual, emotional, and social needs while working on projects, the two women thought about how they could offer assistance for children's physical play needs.

They enlisted the support of the school's physical educator, Kris Fritz, who collaborated with members of WI AHPERD (WAHPERD) and her Regional American Heart Association VP, Tammy Rocker. With the help of these professional colleagues, Kris collected a dozen jump ropes, soccer and basketballs, and several small footballs for the women to use to engage the village children in physical activity.

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At the Heart of the Matter



Lewisville Elementary School Surpasses Goal!

Submitted by Ginger C. Edmiston, American Heart Association, Youth Market Director, Mid-Atlantic Affiliate

Tim Davis at Lewisville Elementary School in Forsyth County, North Carolina held a very successful Jump Rope For Heart program during the 2009-2010 school year, raising \$11,297 for our lifesaving mission. Tim surpassed his \$10,000 goal and explained to students that if they reached the goal, he would become the Rice Krispie Treat Man. As you can see in the picture, this incentive became a reality. Tim also promoted the online fundraising opportunity, which raised \$2,296. During his Jump Rope For Heart, Tim recognized and honored two students at his school who had been personally affected by heart disease. He shared their pictures and stories through the parent letter as well as on a bulletin board at the school. The entire school family came together to celebrate the lives of these two students while raising much needed funds to continue our research. ♥



Jump Rope For Heart in Hard

By Patty Mosness, 2010 JRFH/HFH Grant Recipient, Jefferson Elementary, Middlebury, IN

Elkhart County, for many years, was a great place to get a profitable job and raise a family. Today, because of a downturn in the economy, instead of being the RV capital of the world it is now known for its high unemployment rate. Many of our families do not have a job, some no longer even have a home to call their own. How could I possibly ask the children to raise money for Jump Rope For Heart?

After many weeks of weighting the pros and cons I decided that Jump Rope For Heart is so much more than raising money for the American Heart Association. JRFH teaches children what this world needs, especially right now; how to care for others. We teach children how to care when we teach the importance of helping others. I found the book, "Have You Filled a Bucket Today?" by Carol McCloud an inspiration for JRFH this year. Instead of focusing on how the heart works, I focused on the emotional side of the heart. The book teaches children that everyone is important and that we can make others happy or sad just

by the things that we do or say to each other. The book is a must-have for every household. It goes on to talk about when we say or do good we fill people's bucket (heart) and our hearts too. When we say or do something mean to others we empty their bucket (heart) and we empty our hearts as well.

We discussed several ways to help fill other's buckets (hearts). The children came up with a list: folding laundry for mom, making a card for someone, raking leaves, bringing in cans for the food drive, saying nice things to others, trying to be a friend to everyone. With this list I came up with a Jump Rope For Heart event that I hoped would touch the life of every child in my class. I handed out the envelopes, but I did not stress the collection of money, nor the prizes that went with it. Instead, I stressed the importance of helping fill people's buckets. Then every child took part in the event during their PE time whether they brought in money or not.

While in Africa, the days quickly filled up with school visits, many project work details such as shelter and church construction, childcare, and some sightseeing including an animal adventure and a short trip to the ocean. During some 'downtime' opportunities, the play equipment was brought out and children appeared in droves. According to Mary Jo, "Children are the same all over the world and they were naturally attracted to the skip ropes and balls. Even the simplicity of rope jumping created excitement. The delight on the faces of those children who were given a rope to keep was particularly inspiring." The women received smiles, hugs and small handmade necklaces from the children. During the 'play' sessions, a real sense of community and multiple expressions of united 'hearts' were created.

Over the course of 12 days and a half a world away, Mary Jo and Maria experienced many emotions and

became connected to those whom they went to serve. Having the courage to travel so far away from family and friends, while venturing into what was a most unfamiliar culture, was an enormous undertaking, yet it brought a sense of accomplishment upon returning home.

Initially, the women and other members of their team entered the Mission with thoughts of what they could do for others, and returned with memories of what they had learned and what had been done for them. Thanks have been extended to all who supported the trip – especially to those HPERD professionals who helped them secure jump ropes and other PE equipment to offer a health and physical activity component for children while also connecting hearts and hands in jumping rope and allowing all to experience "exchanges in learning" and "moving to improve." ♥

Economic Times

Station 1: The children stacked cans as if they were taking cans to the Salvation Army for the poor.

Station 2: They picked up shirts (laundry) for their mom and dad and put them in laundry baskets.

Station 3: They jumped rope.

Station 4: They threw bean bags into buckets and each time they threw a bean bag they had to say something nice that they could do for someone else.

Station 5: They worked at the soup kitchen by taking fruits and vegetables from one end of the gym to a big soup bowl at the other end.

Station 6: They picked up trash (yarn balls spread all over the gym).

Station 7: They jumped the long rope.

Station 8: They raked leaves for their neighbor (scoop and balls).

Station 9: They jumped rope tricks.

Station 10: They jumped the river.

Station 11: They jumped rope again.

What an event we had: We raised \$3,723.00, and more importantly the children found ways to help others without money. It is our responsibility to teach our children the importance of caring for others. I truly believe that I was able to do this with JRFH. ♥

WHIPPLE HEIGHTS HOT SHOTS TAKE THE SHOW ON THE ROAD

Submitted by Marla Thomas, Ohio HFH State Coordinator, Whipple Heights Hot Shots Coach



The Whipple Heights Hot Shots, AHA Demo Team from Canton,

Ohio were up to their amazing basketball tricks as they entertained crowds at the AAHPERD National Convention in Indianapolis, IN on March 19 as the convention demonstration team.

They had a hoopin' blast as they helped to celebrate **15 Years of Hoops For Heart!** The Hot Shots travel to Ohio schools for the American Heart Association and OAHPERD to perform kick-off assemblies for Jump Rope For Heart and Hoops For Heart to get kids excited and raise awareness of heart disease and stroke. They also performed at the Perry High School and Malone University half-time shows. Congratulations on a successful season! ❤️



Katie Girl



By Yvette Mingo, American Heart Association

Early this year, the Youth Market Department of the Mid Atlantic Affiliate determined that a priority for this campaign year would be to celebrate children with heart disease. On each school visit, they have worked to identify children affected by heart disease or stroke. Aynor Elementary is one example of how heart disease is impacting our children today.

Over the past several months, American Heart Association representative Yvette Mingo has worked closely with Aynor Elementary Physical Educator, Ruby Allen to ensure their Jump Rope For Heart was successful this year. Even before the traditional goal-planning meeting, Yvette asked to identify a student survivor in this school. With that one question, Aynor Elementary has doubled their income to support our mission.

After speaking with Katie's mother, Jill Lovell, Yvette suggested sharing Katie's story with her school and community. This was the first time this school has used our online fundraising tool. They also shared Katie's story with the community through their local media. Aynor Elementary students raised over \$16,000 with over \$2,600 in online fundraising. (They raised just over \$7,000 in 2008.)

Although only 6 years old, Katie is a wonderful example of courage, persistence, and love for life. This awesome little girl, 'Katie Girl', touched so many people in such a short time. The entire Aynor, SC community rallied around Katie in the fight for her life through Jump Rope For Heart.

Mary Kate (Katie Girl) was diagnosed at six (6) months of age with heart disease. Open heart surgery followed to repair "holes" and rebuild a pulmonary valve. The surgery was a success but further concerns surfaced. Mary Kate was diagnosed with cardiomyopathy, an enlarged heart, which carried the burden of an inoperable condition and no cure for her at the age of two. Great strides were taken for Mary Kate over the years to avoid a heart transplant, including two separate heart ablation procedures and the implanting of a pacemaker. Jill stated that Mary Kate's cardiologist once said, "To see her walk through the door is nothing short of a miracle. Children in her condition are typically in the hospital waiting for a heart." Miraculously, Mary Kate continued to live a very fulfilled life as a T-ball player, dance student, and she attended school every day.

Sadly, Mary Kate suddenly passed away in December. It was unexpected and heart breaking. In spite of experiencing this heartache, Mary Kate's mom, Jill, is determined to "make the com-

munity aware that heart disease exists not only in adults but in our children as well." Currently she is supporting Ruby Allen, another teacher at her school, Aynor Elementary, who is leading a JRFH event in "celebration of Mary Kate's life" and as a means to make sure that all know that "research is the key for the advancement and knowledge that is needed to fight heart disease." They have a \$10,000 goal! In her parent letter, Jill challenge(s) all to support efforts being made "to save the lives of children fighting this disease across America."

No greater words of courage have I read than Jill's words, "Mary Kate's heart failed physically but her heartbeat continues on. Mary Kate's journey begins and ends with life. Some may say that her life was a struggle and ended in tragedy. But as her mom, I know the difference she made. Her fight against heart disease was triumphant and victorious. Mary Kate proved what miracles were made of."

I will end this tribute with Ruby Allen's words about her colleague: "Although very painful, Jill has chosen to share her story during this difficult time of loss of precious life; to save the lives of others by bringing awareness to this disease. Her loss may very well be what will save the lives of many." ♥

Keeping Your Jump Rope For Heart Event

Fresh

By Chad Triolet, Physical Education Teacher at Deep Creek Elementary & VAHPERD Jump Rope For Heart Coordinator

This year, our school completed its 15th year of hosting a Jump Rope For Heart event. Over those 15 years, an effort has been made to try to keep things fresh from year to year by adding new and innovative jumping activities. Recently, I have taken advantage of Jump Rope For Heart programming or jump rope presentations at state, regional, and national AHPERD conferences. Here are some activities that I have seen at conferences that have positively impacted our JRFH events.

Jump Rope Helicopter & 4-Square Helicopter

(John Smith – 1989 NASPE National Teacher of the Year)

HELICOPTER – For this activity, students will form two small groups (3-5 students). One student will collect a jump rope (9' or 10' ropes work best) and then have a seat in one spot. The objective is for the group to get as many jumps in a row without a miss. The turner in the middle will hold one end of the rope in the non-turning hand. The hand turning the rope will hold the middle of the rope to begin turning the rope overhead like a cowboy spins a lasso. The end of the rope should not leave the floor. It should drag along the floor in a circular motion around the turner. As the speed increases, the turner can release the slack in order to give the jumpers more room to jump. Once the rope is moving, the jumpers will move forward so that the rope passes underneath their feet as they jump. The team will count the number of consecutive jumps without a mistake. The turner will get two chances to turn the rope, then he/she will pick a new turner and the activity will continue.

4-SQUARE HELICOPTER – This activity is very similar to regular helicopter. There should be five or more students in a group for this challenge. To begin, the group will set up a court with four corners. The turner will sit in the middle of the group,

and the first four jumpers will stand at each corner. When the turner gets the rope moving, the jumpers may move forward and begin jumping. When a jumper misses, he/she will go back to the line and wait. The rest of the players will move up the square (if they can), trying to make it to the fourth square and stay there longer than anyone else.

**After a few minutes of play, have the teams choose a new turner and continue playing.*

Chinese Jump Rope

(Jurgen Kraehmer – 2009 Southwest AHPERD Elementary Teacher of the Year)

Chinese jump rope is a fun children's game that helps keep kids active and teaches physical dexterity. The rope is like a giant rubberband. Two students will begin the game as "enders" by placing the elastic rope around their ankles and moving about 4 feet apart. Other partners (1 or 2), will take turns jumping the pattern chosen by the instructor. Each player will take turns jumping the pattern at the lowest level (rope around the ankles). After taking a turn, the jumper will become an ender. This will continue until all players have had a chance to jump. To begin the next round, the enders will move the rope up their legs (to the calves) which will make jumping the pattern more challenging. For more information about Chinese jump rope check out the book, *Klutzn Chinese Jump*

Rope by Anne Johnson, Mary Thelen, and Sara Boore for Scholastic, Inc.; check out videos on YouTube.com; or make up your own pattern.

Jump Bands

(Kelly Duell, HI and Sue Long, WV – both teachers are former members of the AHA/AAHPERD Joint Projects Committee)

Jump Bands are elastic bands that attach to the ankles. For this activity, students will need to work in small groups (4 works the best, however you can make it work with 3 or 5 in a group too). Two teammates will need to begin as “enders”. The enders will attach the end of each band to their ankles and stand apart so that the bands are stretched. The bands should be parallel and about shoulder width apart to start. The other partners will be the jumpers. The jumpers can go at the same time or can take turns jumping. Like Chinese Jump Rope, students will complete a pattern. When introducing the activity, it is important to teach the pattern in parts. Here are the name of some of the basic patterns that can be put together to create a pattern or “dance”.

- Original
- Double Jumps
- Straddle Jumps
- Straddle & Turn
- Kanapi

As students learn the basics, they can be introduced to more intricate patterns, use two sets of jump bands at the same time (Peahi), or create their own pattern.

**For more information, download the “Banding Together” handout from the 2010 AAHPERD Convention or check out videos on YouTube.com for more ideas!! ♥*

Andrea Samsky truly makes a difference!

*Submitted by Dana Else,
AHA Youth Market Director, Mid-Atlantic Affiliate*

Andrea Samsky, physical educator at Armstrong Elementary School, Hampton, VA, is truly an innovative teacher and wonderful volunteer for the American Heart Association and deservedly the Elementary Educator of the Year as selected by VAHPERD. Andrea started her partnership with the AHA in 2008 by having the Girl Power group that she sponsors head up the first Jump Rope For Heart event at Armstrong. This group of girls has a focus of empowerment, motivation, and self-esteem by being involved in community service acts and embracing fun with fitness – both great ways of building a healthy mind, body, and soul. For Jump Rope For Heart they raised awareness by speaking with their peers about the importance of making healthy lifestyle choices. During morning announcements they shared heart facts, challenged others to improve their jump rope skills, and solicited funds for the campaign to help the American Heart Association. The first event included Kindergarten through second graders and all 30 of the girl power members from various grades raised \$1,934.66. This year for the 2009-2010 Jump Rope For Heart the initiative was expanded to all grade levels raising \$2,600. One way that Andrea makes PE fun is to have each class come up with their own games with rules and strategies to implement them; then she builds a lesson plan to add their ideas into curriculum. This year’s jump event included some of the most fun obstacle courses and games the kids have created, which made it that much more fun and special for them to be a part of. Aside from the fun games, she went above and beyond by making the purpose of JRFH well known. Andrea conducted a seminar at the 2009 VAHPERD conference on the “heart lab.” With such wonderful instruction at their hands, Sherrie Bollhorst, the PE supervisor for Hampton, got every elementary PE teacher their own pig heart and lesson plan to teach all about the heart. Andrea’s lesson on how the heart works made it that much easier for the kids to understand when there are problems with the heart and why it is so important to take care of our heart — the crucial educational portion of Jump Rope For Heart. Andrea Samsky is proof that one person can make a difference and with her as our volunteer, we know that the kids at Armstrong Elementary will help us to change the future of heart disease! ♥

A LITTLE GOES A

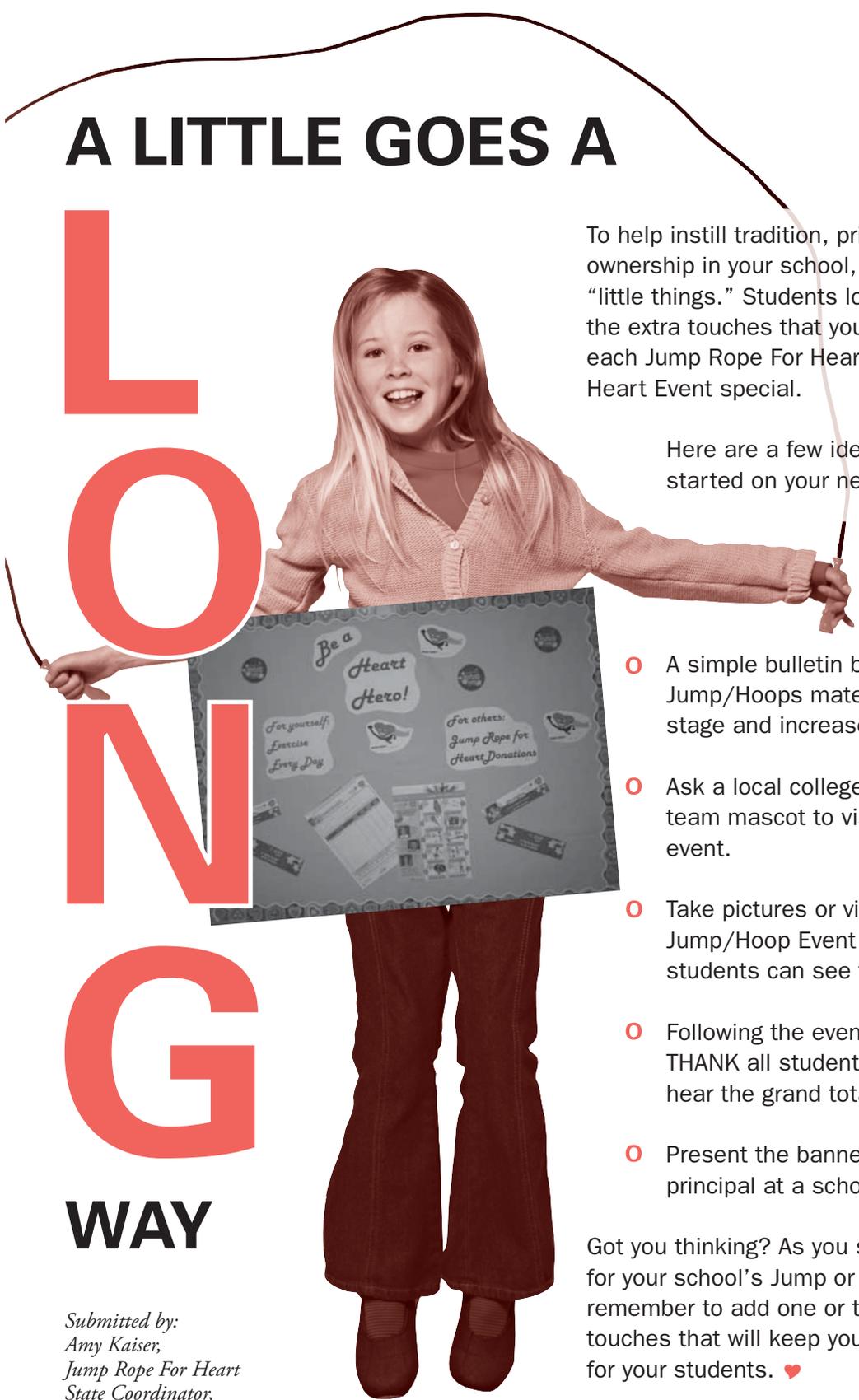
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To help instill tradition, pride, and ownership in your school, remember the “little things.” Students look forward to the extra touches that you do that make each Jump Rope For Heart or Hoops For Heart Event special.

Here are a few ideas to get you started on your next great event:

- A simple bulletin board using Jump/Hoops materials to set the stage and increase exposure.
- Ask a local college or high school team mascot to visit during the event.
- Take pictures or video at the Jump/Hoop Event and post so students can see themselves.
- Following the event, remember to THANK all students and let them hear the grand total.
- Present the banner to the principal at a school assembly.

Got you thinking? As you set the date for your school’s Jump or Hoops event remember to add one or two little touches that will keep your event special for your students. ♥

*Submitted by:
Amy Kaiser,
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State Coordinator,
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