JRFH & HFH Ideas for Success

Event Ideas

STATION IDEAS

♥ Individual Jumping — have single jump rope for students to practice basic jump rope skills. I use poly-spots or tape marks of the floor for students to jump on for rope safety.

♥ Chinese Jump Rope — in a group of 3 students practice Chinese jump rope skills.

♥ Health Fair — Students get to discover all of the items that you borrowed from the American Heart Association. The stethoscopes are at the health fair station as well. Make sure a volunteer is at this station to clean the scopes and insure the proper use of health fair items.

♥ Poster Contest — Make a class list that a volunteer can mark on for the poster votes. The students will tell the volunteer which poster is his/her favorite by telling the volunteer the number of their favorite poster. The volunteer will tally the votes at the end of the day.

♥ Jump Rope Contest — For the last 3-4 minutes of class, have a “who can jump the longest?” contest. I buy little prizes to hand out (jump ropes, heart note pads, pencils)

♥ The way we run our event, we do it during the school day and I team-up with my fellow specialists so that we get all three classes (PE, Music & Library) in the gym during the same class period for a major Jump Rope party.

EVENT EXAMPLE #1

♥ Our librarian is the paperwork person: she collects any envelopes that are brought in that day, and I have a list prepared for her with the names of students who have raised a minimum of $15 (which is the donation goal I suggest for every student in the paperwork I send home). All students with a $15+ donation will get a JRFH sticker on their shirt - I’ll explain why later.

♥ I hand out a pre-printed Challenge Card to every student (this serves as both a record of attendance, and to give me one more bit of information for assessment purposes). The card has 7 different jump rope challenges, and the goal for every student is to demonstrate at least 4 out of the 7 challenges. The students practice the jumps, and when they think they’ve got one ready, they approach an adult volunteer (“Jumping Judge”) to perform the skill. If the skill is done correctly, the adult checks the corresponding box, and the student practices another skill until ready to show a judge.

♥ The cards work well to keep the kids on-task & focused, and they also provide every student several opportunities for personal feedback from a caring adult. It's magical!
At the end of the class period, the kids place these challenge cards into a bucket by our
prize table. These cards are used as raffle tickets to win special prizes. (I collect a ton of extra
goodies from our JRFH representative, as well as any goodies I get throughout the year from
other events.) I pick a bunch of cards, announce a bunch of winners, and they can choose
the prize.

Before lining-up for their classroom teachers, all students who are wearing a JRFH sticker
(these are the kids who raised at least $15) will go back to the librarian in the corner of the
gym to collect their JRFH jump ropes, which have been personalized with the students’
names. This way, the kids leave the event with their new jump rope to continue practicing
their new skills! The secret to be able to do this is by front-loading the jump ropes! I started
this several years ago, so I hand out the jump ropes from previous years, and when the new
order of prizes comes in, I’ll put them in storage for next year’s event.

With young students (my school is K-2), the immediate gratification is really important! The
kids who raise the higher levels of donations understand that their additional prizes will need
to be custom-ordered, and there are many less of those prizes to deliver to kids! In addition,
when kids don’t get a jump rope at the end of the event, I often get quite a few calls from
parents who want to make a donation the following week because their child was
disappointed to not receive a jump rope! :) This has worked really well for me.

EVENT EXAMPLE #2

I have two classes of students per class period (about 45 students).

The students from either music or art come to the gym for their specials time. I then use the
art or music teacher as a volunteer for the day.

I have two events (four track school) so that all students get to participate.

All of my students participate in the Jump regardless of if they brought in donations or not.

One Month Before Your Event:

Hand out envelopes one month in advance from your event. This will give students time to
ask out of town relatives and friends for donations.

Call your local American Heart Association branch and reserve a health fair display. The
display is free for you to borrow. It contains items such as “Tubes of Fat” that shows the fat
content in certain foods. It also has displays and models that depict what a person’s mouth
and lungs would look like if they used/smoked tobacco. The students really get into this on
the day of your Jump.

Contact a local hospital or doctor’s office to borrow stethoscopes for your event. The
students can listen to their heartbeat after they jump. Be sure to buy alcohol pads to
clean the scopes after each class.

Have an assembly for your school to watch the video
“Jump On” about how to collect online donations.

Hang the Thank You Gift posters around your school for your
students to see. Get samples of the Thank You Gifts for your
students to try out.
One — Two Weeks Before Your Event:

♥ Remind students that Jump Rope for Heart is coming up. Remind them when they come to physical education class.

♥ Put the date in the school and classroom newsletter. If your school has announcements in the morning, remind students then too.

♥ Practice jumping rope in class or at recess. Students are more likely to enjoy the jump event if they are good at jumping rope.

♥ Teach students that there are many ways to jump rope, including basic jump skills and advanced jump rope skills, Chinese jump rope, long jump ropes, partner jumping and jumping using a hula-hoop. It does not need to be limited to “traditional” jump rope skills.

♥ Have a Jump Rope for Heart poster contest. They can be any size and made out of any product. I allow each student to vote on his/her favorite poster during the Jump event. The winner of the poster contest gets to go to lunch with me for a prize. You may want to consider having an age bracket contest so that 1st grade is not competing with 5th grade.

♥ Seek out your parent volunteers to help your run your event. I use a minimum of four parent volunteers for each event.

♥ Use the spreadsheet is on the CD that AHA sends with the Jump collection envelopes. Add your own information in the spreadsheet including your name, school and JRFH date. Assign names to the different pages on the spreadsheet for each classroom teacher so that you can easily flip from one class to the next when counting donations.

♥ Start hanging up posters that have been turned in for poster contest. Number each poster for anonymous voting purposes.