Celebrate American Heart Month with AAHPERD!

Every day, an estimated 2,200 people die from cardiovascular disease. On February 1st, AAHPERD staff wore red on National Wear Red Day to show our support for the American Heart Association.

Keep the inspiration alive!
Join us in celebrating American Heart Month by posting pictures and stories from your Jump Rope For Heart (JRFH) or Hoops For Heart (HFH) event on AAHPERD’s JRFH & HFH Facebook Page.

Cardiovascular disease is the leading cause of death for all Americans. Your Jump Rope For Heart or Hoops For Heart event enables future generations to live longer, healthier lives. The education children receive through these events is truly life-saving. AAHPERD would like to thank all the physical educators who help build a heart-healthy future for their students by holding Jump Rope For Heart and Hoops For Heart events. For more information on American Heart Month, please visit the CDC website.
Survivor Story
Carmen Plemmons

I come from a family with a history of prevalent genetic heart disease. My family also has an equally long history of support for the American Heart Association. In fact, 50 years ago my cousin, Janet Foster, was the very first poster child for the American Heart Association. My aunt Jenny has sponsored the Heart Ball in Charlotte, NC for years. The Heart Ball is usually dedicated to the memory of a family member who passed from heart disease like my father, Theodore P. Nordman.

I have experienced heart issues throughout my entire life and I truly believe I have been kept alive by the research, education, medications, and heart studies sponsored by the American Heart Association. My last heart complication landed me in the Presbyterian Hospital in Charlotte, NC at the age of 35. Three days later, I had surgery for Lone Atrial Fibrillation Tachycardia with Myitro-Valve Prolapse. In other words, I had electrical heart ablation. I was also the first of my many cousins, aunts and uncles to have this heart surgery since it became available in Charlotte, NC in 2001.

I have dedicated my life to preventing heart disease and raising awareness of heart health. You cannot change what you are born with, but you can change how you live. Life: it’s the reason why physical education teachers should support Jump Rope For Heart and Hoops For Heart. To teach our children how to live a healthier life, to have students spread what they learn to the community so that all people can thrive. Supporting the AAHPERD and American Heart Association’s partnership promotes heart-healthy living in your school community.

I want to help others live a heart-healthy life, which is why I continue to donate my time to raising heart disease awareness and donations for the American Heart Association.

I have completed 24 Jump Rope For Heart events and I have had the privileged to coach Jump Rope Demo team for the past 5 years.

“I truly believe I have been kept alive by the research, education, medications, and heart studies sponsored by the American Heart Association.”

Carmen Plemmons currently serves as the Jump Rope For Heart and Hoops For Heart State Coordinator for the South Carolina State AHPERD Association. AAHPERD is thankful for all that Carmen has done to support the Jump Rope For Heart and Hoops For Heart programs over the years.
Event Best Practices: Small Schools Make a Big Difference
By Robin Kish, St. Benedict’s Episcopal Day School

Even a small school can make a BIG difference! That has been our motto here at St. Benedict’s Episcopal Day School for the past two years when working closely with the American Heart Association to create our Jump Rope For Heart event. Who knew when we started this program that it would become the very heart of our school, students and the community?

Being the new school on the block, with only 110 students, I was very intimidated by the larger area schools. You could say I even suffered a bit from “gym envy” as my classes are taught outside on a black asphalt surface! I wanted to offer my students an experience they would not soon forget. Jump Rope For Heart became a challenge for me to give my students the event of a lifetime.

How do you make jump rope fun? You have to step out of your comfort zone as an educator. You have to set goals and just go for it! If you are excited and motivated to make a difference, your students will quickly follow in your footsteps.

My first year of coordinating an event, I set a fundraising goal of $500, and a participation goal of 100 percent. After the first week of the jump rope unit, we had raised over $5,000! We did not stop there. By the event day, we had raised over $10,000 with 100% student participation! We incorporated a “Show off Circle” in our event stations so students could step into the center and show off their jump rope skills. Parents were not allowed to stand and watch, they had to jump as well. And jump they did.

You can call it a first-year fluke, I know I sure did, but I decided to keep the same mindset and just go for it again at our next JRFH event! Our second event incorporated live DJ, stations, parent participation and community leaders. I set a fundraising goal of just one dollar more than the previous year’s total. With 143 students participating, we more than doubled the funds raised from the previous year, and our school placed fifth in the state of Georgia.

Our entire school rallied behind this event and our teachers climbed onto our roof during carpool to wave to our students. I also spent the night on the roof to celebrate. We placed a bucket on the side of the school on a pulley. Students came by all night to drop off the “survival supplies” they felt we might need on that roof!

You can call that a second year fluke, but I believe that excitement is the method to my madness. We started our own jump rope demo team this year for the American Heart Association to help excite local schools about their Jump Rope For Heart event. We recently had our first show and the reviews were over-the-top positive. It simply does not get any better than this. Our small school is making such a big difference in the lives of people with heart disease!

Tips from Robin:
1. Passion is the key: The more excited you are about your event, the more your students will feed on that excitement.
2. Involve your community: Get parents and school volunteers involved in the planning of your event.
3. Set Big Goals: Remember, small schools can make a big difference.
# Featured Lesson Plan: Journey Through the Heart

**Submitter:** Cecil Marett  
**School:** North Hart Elementary School  
**Location:** Bowersville, Georgia  
**Grade Level:** 4-5

### NASPE Standards: 1, 4, 5, 6
1. Demonstrates competency in motor skills and patterns needed to perform a variety of activities.
2. Achieves and maintains a health enhancing level of physical fitness.
3. Exhibits responsible personal and social behavior that respects self and others in physical activity.
4. Values physical education for health, enjoyment, challenge, self expression, and/or social interaction.

### AAHE Standards: 1, 7
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risk.

### CSH Focus: (Coordinated School Health)
Improve health knowledge, attitudes and skills.

### Supporting Materials/Resources:
- Work sheet from AHA web site: Heart Part Cards
- The Heart and How it Works on page 3 of the 2011-2012 Elementary teachers resource guide
- “Your Heart-It Works Hard for You” poster from the 2011-2012 Elementary teachers resource guide
- Label the Heart worksheet (1 per student)

### Prior Knowledge:
The heart is the muscle that pumps blood throughout the body. Blood takes oxygen and nutrients to the body and picks up the waste and carbon dioxide.

### Vocabulary:
- atrium
- ventricle
- aorta
- vena cava
- pulmonary
- vein
- artery
- valve

### Safety Considerations:
Make sure that you do not have too many students going to the same part of the body at the same time. Remind students to stay in their personal space while jumping rope.

### Learning Expectations:
#### Psychomotor:
Students will demonstrate skills of rope jumping; scooter riding; bear crawl; crab walk; running

#### Cognitive:
Students will gain understanding of how blood flows from the heart to other parts - lungs, brain, and body.

#### Affective:
Students will use knowledge gained through activity to see the importance of cardiovascular exercises and how they affect the total health of the body.

### Differentiation/Inclusion:
Those students with special needs will be paired with a student partner to assist them as needed. Students with physical limitations that impair their ability to turn a rope will be allowed to place the rope on the floor and jump over the stationary rope. IEP students will be differentiated as prescribed in their IEP.

### Introductory Activities:
- Using various activities as examples, guide the students to determine whether or not specific activities make the heart stronger.
- Distribute and discuss the completed heart poster.

### Equipment/Materials:
- 2 plastic children’s pools
- 2 folding gym mats
- 8 scooters
- 16 red balls
- 16 blue balls
- 8 hoop holders
- 12 hoops
- 8 jump ropes
- blank heart work sheet for each student
- 12 pencils
- 4 cones
- one cone hurdle
- Heart diagram poster

<table>
<thead>
<tr>
<th>Subject</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>3</td>
</tr>
</tbody>
</table>

### Learning Expectations:
#### Psychomotor:
Students will demonstrate skills of rope jumping; scooter riding; bear crawl; crab walk; running

#### Cognitive:
Students will gain understanding of how blood flows from the heart to other parts - lungs, brain, and body.

#### Affective:
Students will use knowledge gained through activity to see the importance of cardiovascular exercises and how they affect the total health of the body.

### Prior Knowledge:
The heart is the muscle that pumps blood throughout the body. Blood takes oxygen and nutrients to the body and picks up the waste and carbon dioxide.

### Vocabulary:
- atrium
- ventricle
- aorta
- vena cava
- pulmonary
- vein
- artery
- valve

### Safety Considerations:
Make sure that you do not have too many students going to the same part of the body at the same time. Remind students to stay in their personal space while jumping rope.
Lesson Focus:
Set up the gym using the attached diagram. Divide the students into groups and assign them a different area to start in. They will continue their journey through the heart going to all regions of the body. You must make sure that each student goes to the lungs, brain, arms, lower limbs, and travels in the correct path each time they reach the heart.

The path of travel and activity in each area are as follows:

- Have a line of students ready to enter each area of the challenge course.
- The Right Atrium students will ride on scooters and holding a blue ball (which represents carbon dioxide). The student will ride through the mats that make up the Valve that leads to the Right Ventricle. They will leave the scooter and the ball here.
- Once in the Right Ventricle they will bear crawl around the cone and then out through the hoops that makes the Valve that leads to the Pulmonary Artery. Continue to bear crawl until you reach the lung. (To make the area less confusing, I only have one lung.)
- Once you reach the lung get a red ball (which represents oxygen) out of the pool and crab walk back through the Pulmonary Vein into the Left Atrium. They will leave their ball here and go over the hurdle that makes up the Valve.
- Once in the Left Ventricle they will run around the cone and through the hoop “tires” on the floor into the Aorta and choose which part of the body they wish to go to. If they go to the arm they must do 10 pushups. If they go to the lower body they must jump rope 50 times. If they go to the brain they must complete the Label the Heart’s Part worksheet. They must go to each part of the body at least on time during the activity. (I only have one arm and one lower body area to make the floor plan less confusing.)
- Once they complete the exercise for the body part they are working at they will return to the Right Atrium and start the course again.
- Students need to be placed at different parts of the course to start so they will not have to wait for their turn.
- Have students that are waiting at the Right Atrium bring the blue balls and scooters from the Valve to the proper starting location. Also have them take the red balls from the Valve to the lungs.

Conclusion/Assessment: At the conclusion of the activity the students will sit in a group and check their pulse. The teacher will lead a discussion on how the exercises done during the activity contributed to their cardiovascular health. The students will use the Heart Posters that they completed in the “brain” to study for a heart part identification test to be given in one week.

Floor Layout for Heart Challenge Course

4 Ft. folding mat standing on end to make a pathway

Hoops flat on floor for tire run

Vertical hoops to bear crawl through

Cones

Cone with hurdle attached to the top

Additional equipment:
- 8 scooters
- 16 red balls
- 16 blue balls
- 8 jump ropes
- Worksheet for each student
- Heart Diagram poster
Joint Projects Committee (JPC) Spotlight: Dr. Laura Spencer

The Joint Projects Committee (JPC) is a committee sponsored jointly by AAHPERD and the American Heart Association. In addition to serving in an advisory capacity, committee members work throughout the year on projects that support the growth of the Jump Rope For Heart and Hoops For Heart programs and the AHA/AAHPERD partnership.

Dr. Spencer, from Santee, California, is the Coordinator of Instructional Technology for the Santee School District, and Chair of her school district’s Wellness Committee. Dr. Spencer holds a doctorate in Educational Administration and Leadership from Alliant International University. She was honored as American Heart Association’s Administrator of the Year in 2010. Dr. Spencer’s focus is on making wellness a district-wide initiative through Jump Rope For Heart, Play 60, and nutrition awareness programs. Dr. Spencer currently represents the perspective of school administrative professionals on the Joint Projects Committee and actively pursues methods of promoting the programs to upper-level school management.

Congratulations to the 2013 AAHPERD JRFH & HFH Grant Winners!

<table>
<thead>
<tr>
<th>Name</th>
<th>School</th>
<th>City, State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tyler Cathcart</td>
<td>The Education Center at the Watson Institute</td>
<td>Sewickley, PA</td>
</tr>
<tr>
<td>Kris Fritz</td>
<td>Sheboygan Early Learning Center</td>
<td>Sheboygan, WI</td>
</tr>
<tr>
<td>Marlys Gwaltney</td>
<td>Bentley Primary School</td>
<td>Bentley, KS</td>
</tr>
<tr>
<td>Tommy Hager</td>
<td>Salem Elementary School</td>
<td>Apex, NC</td>
</tr>
<tr>
<td>Shannon Loveridge</td>
<td>Community Leadership Academy</td>
<td>Commerce City, CO</td>
</tr>
<tr>
<td>Cecil Marett</td>
<td>North Hart Elementary School</td>
<td>Bowersville, GA</td>
</tr>
<tr>
<td>Danielle McGrath</td>
<td>L.H. Coffin School &amp; Elbridge Gerry School</td>
<td>Marblehead, MA</td>
</tr>
<tr>
<td>Colleen McNamara</td>
<td>Collegium Charter Elementary School</td>
<td>Exton, PA</td>
</tr>
<tr>
<td>Terri Pitts</td>
<td>Hopkins Elementary School</td>
<td>San Antonio, TX</td>
</tr>
<tr>
<td>Renee Stuart</td>
<td>Redwood Elementary School</td>
<td>Avon Lake, OH</td>
</tr>
</tbody>
</table>
2013 Hoops For Heart Recognition Award Winner: Kristi Bieri

AAHPERD is pleased to award Kristi Bieri, physical educator at Odessa Upper Elementary School, in Odessa, Missouri, with the 2013 Hoops For Heart (HFH) Recognition Award. Throughout her thirteen years as a Hoops For Heart event coordinator, Kristi has demonstrated dedication and leadership at the state and national levels.

Kristi Bieri was raised in Higginsville, Missouri, a rural community located approximately 40 minutes east of Kansas City. At the age of 19, after being awarded a college basketball scholarship, Kristi underwent a routine physical examination. She was told that her heart was not pumping normally and that she had a hole in her heart the size of a dime. Luckily, she was diagnosed early which has not been the case for other young athletes. After recuperating from life-saving surgery, Kristi went on to pursue an undergraduate degree in Physical Education from the University of Central Missouri (UCM). Following her graduation from UCM, Kristi obtained a Masters Degree in Curriculum and Instruction from Lindenwood University.

After receiving her undergraduate degree, Kristi began her teaching career in the Odessa R-VII school district as a physical education teacher. Since then, she has been recognized as a leader in her school community and currently serves on the Principal’s Advisory and Safety Committees, heads her school district’s Physical Education and Health Vertical Team and is a regular sponsor of after-school clubs such as Student Council.

Kristi is now the State Jump Rope For Heart and Hoops For Heart Coordinator for the Missouri Association for Health, Physical Education, Recreation and Dance (MOAHPERD). A recognized leader in her state, she conducts local and regional training workshops for new coordinators of the Jump Rope For Heart and Hoops For Heart programs. Kristi actively supports the American Heart Association, works to recruit new schools to the Jump Rope For Heart and Hoops For Heart programs, and to help spread the message of heart-healthy living.

2013 Jump Rope For Heart Recognition Award Winner: Patty Kestell

AAHPERD is pleased to award Patty Kestell with the 2013 Jump Rope For Heart (JRFH) Recognition Award. Throughout her ten years as a Jump Rope For Heart event coordinator, and four years as the Wisconsin State Jump Rope For Heart and Hoops For Heart (HFH) Coordinator, Patty has demonstrated dedication and leadership at state, district, and national levels.

Patty currently serves as the Wisconsin Health and Physical Education (WHPE) State JRFH and HFH Coordinator and also represented WHPE as the Elementary Physical Education Division Vice President from 2010-2012. She has been actively involved with JRFH/HFH at Midwest District Leadership Conferences and AAHPERD National Convention & Exposition meetings. Patty also serves as the Dance, Sport and Physical Education Council Vice President for Midwest District.

As the 2013 Midwest Teacher of the Year (TOY), Patty has conducted workshops throughout Wisconsin and at the 2012 Midwest District Centennial Convention. She has used these workshop presentations to energize, promote, and demonstrate to coordinators and future professionals how to get their students involved with JRFH and HFH events.

Patty promotes family wellness at Thorson Elementary School through many wellness events and fitness initiatives. She is passionate about promoting JRFH/HFH with her students, and her school has raised over $103,000 for American Heart Association in the last ten years of events. Thorson Elementary School places special emphasis on recognizing and honoring students and their families who have been affected by heart disease and stroke.

Patty works closely with the American Heart Association to grow the Jump Rope For Heart program within Wisconsin and assists in the recruitment of new Jump Rope For Heart schools and mentors new JRFH/HFH event coordinators in her state. She has presented many JRFH/HFH program sessions at WHPE conventions and she promotes the programs through quarterly WHPE newsletter articles, community newspaper articles, and submissions to The Pulse, AAHPERD’s newsletter for Jump Rope For Heart and Hoops For Heart event coordinators.
Success Secrets for Jump Rope For Heart Events with Rick LaPaglia and Chat Triolet
Rick LaPaglia from French Road Elementary, the top earning JRFH school in the nation, and Chad Triolet, 2011 NASPE Elementary School Teacher of the Year, will reveal secrets to improve the planning, organization, and implementation of your Jump Rope For Heart event! Attendees will receive comprehensive instructions to bolster their event and increase their event’s reach.

Jump Rope for Fitness and Conditioning with Liz Way
There’s a reason why top professional and amateur athletes use jump rope as an integral part of their training - rope jumping builds agility, strength, speed, endurance and balance. Learn skills and drills to incorporate jump rope into your athletics training and physical education classes. Participants will be able to teach biomechanically appropriate skills, modifications that allow for greater inclusivity, and specific drills and movement patterns to students.

JRFH/HFH: Implementation Within Higher Education with Sandra Nelson and Susan Balinsky
Jump Rope For Heart and Hoops For Heart events provide leadership opportunities for future professionals. Increase school fundraising opportunities through the planning, organization, and implementation suggestions provided in this session. Attendees are encouraged to share their own ideas and experiences.

The Next $2,500 AAHPERD JRFH/HFH Grant is Waiting for You with Sasha Taylor
All Jump Rope For Heart and Hoops For Heart coordinators who have held a JRFH or HFH event within the last year are eligible to apply for the $2,500 AAHPERD JRFH/HFH Grant Program! Learn how this grant can subsidize your AAHPERD membership and attendance to the AAHPERD National Convention & Exposition as well as provide you with the opportunity to purchase equipment to enhance your physical education program.
Ten Years of Successful Collaboration for JRFH and HFH with Sharon Cradic and Diana Mozen
Elementary and secondary teachers, as well as pre-service teachers, will learn how to create Jump Rope For Heart and Hoops For Heart events from the beginning to the end. This session provides detailed descriptions of how each event is incorporated into daily physical education classes using national standards. Attendees will learn skills and fitness activities pertaining to JRFH and HFH events that can be incorporated into the physical education curriculum.

Jazzy Jumping with Kim Berg and Gena Pagano
Learn single jump rope skills, partner tricks, long rope skills and more. This session features a performance by the Jazzy Jumpers, a state jump rope demonstration team for the American Heart Association. Participants will also learn how to start their own jump rope demonstration teams.

Save the Date: Annual Jump Rope For Heart & Hoops For Heart Social
Hosted by US Games, Sunflower Marketing, and AAHPERD, the annual Jump Rope For Heart & Hoops For Heart Social is not an event to be missed! Join us for an evening of dancing, prizes, food, and drink on Wednesday, April 24, 2013. More details will follow, but space is limited. To reserve your space early please email Allison Davis, Joint Projects Program Manager at adavis@aahperd.org.

Exhibit Hall Events

The Salem Skip-Its
The Salem Skip-Its is an elementary jump rope demonstration team from Apex, North Carolina. Coach Tommy Hager started the team back in 2000 when Salem Elementary School first opened.
The Skip-Its jump rope demo team is for third through fifth graders and currently has 37 team members, 15 of which are in fifth grade. Older team members help new team members learn the parade routine and other skills, and to help them get started on their achievement levels. The Skip-Its practice after-school twice a week and performs locally at other elementary schools to assist with their Jump Rope For Heart campaigns. The team also performs half-time shows at local schools and universities, and performs at local community events like health fairs, parades and races.
Coach Hager has brought the Skip-Its to the Spring Physical Education Leadership Training in Black Mountain, NC in 2007, 2009 and 2012 to teach other Physical Education Specialists how to incorporate jump rope skills into their annual units and lessons.

See the Salem Skip-Its perform in the exhibit hall on Wednesday, April 24 from 1pm to 4:00pm.

St. Benedict’s Episcopal Day School Demo Team
The St. Benedict’s Episcopal Day School Demo Team is very excited to be a part of the 2013 AAHPERD National Convention & Exposition! We are a newly-formed jump rope demo team based in Atlanta, GA and are enjoying learning together, growing together and performing together. We have had the honor and privilege of performing for the Georgia State University Basketball halftime show, at the Georgia Aquarium for the Atlanta’s Healthiest Employers Awards, and at an Atlanta Hawks game. We have also performed at many schools in Atlanta to promote Jump Rope For Heart. Our team consists of 24 members from first through fifth grade and four coaches who practice from August until April, up to three times a week.

See the St. Benedict’s Episcopal School Demo Team perform in the exhibit hall on Thursday, April 25 from 9am to 2pm.
Get Involved!

Have you registered to hold an event to showcase the importance of physical activity this school year? You can build a continuously supportive environment for physical education in your school community by making Jump Rope For Heart or Hoops For Heart a fun, annual tradition! Many physical educators have highlighted the importance of physical education to their community by holding annual Jump Rope For Heart and Hoops For Heart programs.

Register to hold your event today and get your community moving! Visit: www.heart.org/jump or www.heart.org/hoops to build a lasting tradition in your school.

FREE AAHPERD Membership!

Your Jump Rope For Heart or Hoops For Heart event gives future generations the keys they need to stay heart healthy for life. When your school holds a Jump Rope For Heart or Hoops For Heart event and raises over $1,000 or more, you receive a FREE AAHPERD professional e-membership!

If you have held a JRFH or HFH event in the past school year and raised over $1,000 or more:

- Simply download and complete the e-membership application.
- Have your school principal sign it.
- Fax, email or mail it to AAHPERD to activate your FREE AAHPERD e-membership.

Resources

AAHPERD:
www.aahperd.org/jump
www.aahperd.org/hoops
www.letsmoveinschool.org

AHA:
www.heart.org/jump
www.heart.org/hoops
www.yourethecure.org

Facebook:
JRFH/HFH Facebook Page