

15 Ways Jump Rope For Heart and Hoops For Heart Complement an Effective Physical Education Program

SUPPORT PLANNING AND PREPARATION



Align with National Standards & Grade-Level Outcomes for K-12 PE



Provide incentives designed to teach & promote healthy practices



Offer customizable program planning timelines

CREATE A POSITIVE CLASSROOM ENVIRONMENT



Utilize motivational tools to support instructional focus



Encourage students to exhibit responsible personal & social behavior



Build school spirit & a sense of goal-oriented teamwork



Enhance school climate

ENHANCE STUDENT LEARNING



Build authentic, adaptable connections to learning



Improve healthy practices, nutrition & cardiovascular endurance through instructional focus



Explore how aerobic exercise affects heart health & improves motor coordination & balance

ESTABLISH LEADERSHIP & COMMUNITY IMPACT



Provide resources for community & family engagement & outreach



Offer opportunities to connect with national professional organizations



Deliver professional development and support through district & state associations



Model leadership & volunteerism



Empower students to contribute to their community's welfare & learn the value of community service

Visit shapeamerica.org/jump for more information on SHAPE America's JRFH/HFH Program Alignment with Charlotte Danielson's Framework for Teaching

