



Part 4. The Jump Off



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Overview

In this section you will find inspiring ideas to make your Jump Off Day exciting for everyone, plus practical tools to make it happen.

The Jump Off is the climax of the Heart Foundation Jump Rope for Heart program. It's a day when your students can have fun, show off the skills they've learnt and be acknowledged for their fundraising efforts. The Jump Off is your event, to run as you would like. Whether you make the Jump Off a morning, full day or even a week-long event, the most important thing is that you make the day enjoyable for all – especially yourself!

The Jump Off is a great way to showcase your school's commitment to being active, heart health and nutrition, and to show your support for the lifesaving work of the Heart Foundation.

Set your Jump Off Day now!

If you haven't done so already, set a date for the Jump Off. This day marks the end of your program, with students, parents and teachers coming together to celebrate all that has been learnt. Once you have set your Jump Off Day, count back and see how many weeks you have to implement your program and how many weeks you have to plan your school's Jump Off event.

Making the day unique and memorable

Promoting your school's Jump Off is a great way to involve your wider school community, as well as setting a time frame to achieve your school's fundraising goal.

The possibilities for how to run your Jump Off are endless! We've found the best way to ensure Jump Off success is to create excitement, enlist plenty of helpers and arrange activities that you feel confident in running. The more excited and involved the school becomes the more you – the teachers and students – will enjoy the day.





Additional ideas

Here is a list of commonly used Jump Off ideas which you may like to incorporate when planning your school's special event. Choose one idea or choose them all. Remember: it's *your* event to run as *you* would like.

- Make Jump Off Day a free dress day, encouraging everyone to dress in red.
- Encourage students to talk about what they have learnt by taking part in the Jump Rope for Heart program.
- Ask students to bring a healthy lunch to school.
- Invite local retailers to donate fruit for a healthy snack.
- Organise a skipping display or performance to showcase what students have learnt.

- Set up a series of skipping and heart health workstations for students to move between.
- Put together a staff routine or encourage all the teachers to wear red if students have reached the school fundraising goal. Speak to the Jump Rope team if you need help setting an achievable fundraising goal.
- Consider a health expo, as discussed in the health unit on page 23.

Invite your parents now!

- Make sure your parents have the date and time of your Jump Off in their diaries now.
- Consider asking some parents and friends to help you prepare and run your Jump Off.
- Don't forget that your senior students can also help you: it's great experience for them to build their confidence among peers.



Jump Off checklist

Key things to consider in planning a successful and fun Jump Off for your school:

- Confirm a Jump Off date with your school and place in school calendar.
- Notify Jump Rope for Heart staff of the Jump Off date.
- Discuss proposed activities with teachers and enlist their support to help provide fundraising achievement rewards – see Part 5 for more ideas (page 157)!
- Display the Jump Off date on fundraising posters and place around your school.
- Send home sponsorship forms with a letter to parents to inform the school community of the Jump Off and how they can support the Jump Rope for Heart program – see Part 5 for parent letter templates (page 156).
- Advertise your Jump Off on your school's website and intranet.
- Start practising your skipping.
- Decide on the format for your Jump Off Day.
- Remind students of the fundraising deadline and the Jump Off date at weekly assemblies.
- Organise equipment needed for Jump Off Day.
- Go over the Jump Off Day timetable at staff meetings and remind everyone of their duties on the day.
- Turn up the music and have fun! To create some hype consider an early morning skipping disco with your students before they start class for the day.
- Notify the media and let them know when your school is holding your Jump Off – use the media templates found on page 156 of Part 5 for tips and advice.

Safety tips

- Set a realistic timeframe, relevant to the level of fitness, age and skill level of students.
- Appropriate clothing and footwear should be worn.
- Sunscreen and a wide brimmed hat should be worn outdoors.
- Schedule rest times and ensure regular drink breaks.



It's all in the plan!

Asking others to help out is a great way to share the excitement and provide valuable leadership opportunities. Use this template to help you plan your event!

Event title:

Who:

What:

Where:

When:

Why:

Time:

Equipment required:

Coordinating teacher:

School fundraising target:

Example run sheet template (use as a guide)

TIME	TASK	WHO	COMPLETE
8.00 am	Set up skipping stations	Mr Thomson	
8.00 am	School fruit delivery arrives at canteen	Mrs Mooney to meet supplier	
8.30 am	School skipping disco to take place – meet students on the basketball courts for free time skipping – use JRFH music CD	Miss Wimpole	
9.00 am	Skipping circuit for prep group	Mrs Carter and Miss Sewell	
9.15 am	Meet local media to take pictures of our jumpers	John and Sally from 6W	



Ideas for organising your Jump Off

1. Circuit

One of the easiest and most enjoyable options for your Jump Off is to run a circuit. In the following pages you will find templates for planning a Jump Off circuit.

Whether this is your first program or you're a 'seasoned professional', these sample circuit formats will help your day run smoothly. They are supplied as a guide, so don't be afraid to add your own special touches. We have prepared circuit templates for lower and middle primary. You will also find a series of circuit cards on pages 92 to 114. Feel free to use these for your stations. There is also a blank one for you to add in your own circuit ideas.

Circuit format – lower primary

Time frame: 10 minutes per station, depending on the number of students

Students: We recommend having no more than 16 students in each group.

Details: Students rotate through six activity stations, spending 10 minutes at each station (including transition time). Organise a supervisor at each station to explain/demonstrate skipping skills. If you have a bigger group, consider running more stations or run multiple circuits concurrently.

Station 1 Wiggly snakes – use a long rope to place on the ground with two people moving the rope in a wiggly snake-like motion. Ask students to jump over the rope without touching it.

Station 2 Sack relays – students can practise their jumping.

Station 3 Long rope run through

Station 4 Single rope free skipping

Station 5 Fruit station – close your eyes and guess which fruit

Station 6 Heart Foundation Jump Rope for Heart mural



Circuit format – middle primary

Time frame: 10 minutes per station, depending on the number of students

Students: We recommend no more than 16 students in each group.

Details: Students rotate through 10 activity stations; spending 10 minutes at each station (including transition time). Organise a supervisor at each station to explain/demonstrate skipping skills. If you have a bigger group, consider running more stations or run multiple circuits concurrently.

Station 1 Individual skipping – 16 individual ropes – ask students to pick their favourite trick and skip freestyle for 10 minutes. Have skipping cards available and ask students to guess which trick the other is doing.

Station 2 Partner skipping – 16 individual ropes – ask students to pick a partner and have a go at one of the partner tricks.

Station 3 Colour my heart station – have a print out of a heart diagram and ask students to colour in and describe parts of the heart.

Station 4 Double Dutch group skipping station – two long ropes

Station 5 Egg Beater group skipping station – two long ropes

Station 6 Endurance station – Who can skip for the longest without stopping? – 16 individual ropes

Station 7 Fruit station – close your eyes and guess which fruit

Station 8 Skipping relay – 16 individual ropes

Station 9 How many can you get in a long rope at once? – one 9 metre purple-handed rope

Station 10 Routine time – pick a partner and start to make up a skipping routine/dance



2. All together

The all together format is designed for schools who wish to run their Jump Off Day right across the school all at once. This involves a coordinator or teacher guiding students through a sequence of freestyle activities.

Time frame: 2 hours

Students: Whole school

Details: Coordinator to direct activities. For larger groups, consider breaking into two or three smaller groups.

9.00 am Warm up

9.10 am Partner activities

9.25 am Single rope skipping – alternate with a partner

9.35 am Skipping relays

9.50 am Long rope skipping

10 am Break – refreshments, rest and toilets

10.15 am Free skipping time

10.25 am Long rope – Egg Beater – Double Dutch

10.35 am Novelty relays/races with sacks and hoops

10.50 am Cool down and stretch

11.00 am Finish/congratulations!



3. Unstructured skipping showcase

The unstructured format is designed to involve the whole school working at their own skill level and pace.

This format allows for schools to incorporate a skipping celebration day across the school with no set times or major activities. It works best when an assembly is arranged where students can provide a skipping group performance as well as mark the end of the fundraising program. Students are encouraged to wear red on the day as well as participate in lunchtime and recess skipping club activities.

POINTS TO CONSIDER

Equipment	Ropes (of all sizes), sundry PE equipment, markers, whistles, stopwatches and so on
Staff	Teachers, teachers aids, specialist staff, canteen staff and volunteers, parents and friends
Space and location	Oval, undercover area, basketball/tennis courts, gymnasium, carpark
Time of the year	Make sure you have a weather contingency back up! If it's too hot or rain is predicted, consider holding your Jump Off in your gym, a local gym or a neighbouring school's gym. The key is to plan ahead and have a back-up plan.
Skill level	Make sure you cater for all abilities and include group, partner and individual tricks. Have a variety of options available.
Age of participants	Take into account the needs of younger participants and that older students may need more variety to ensure maximum participation and fun on the day.



Beginner groups

Individuals or Pairs

Circuit Station Option

Station No.

Equipment:

30 single ropes

Activities

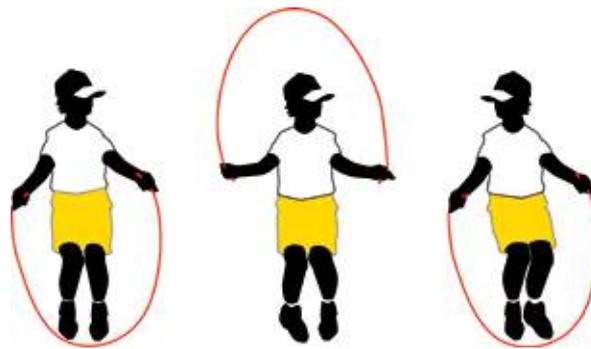
- Getting the jumping rhythm

Jumping

Explanation:

1. Over a rope or line on the ground
2. Along a line or rope
3. Following the leader
4. Holding hands
5. To a drum beat or hand clap
6. To different beats
7. Like a kangaroo, rabbit or mouse

Tip: bounce on the balls of your feet



Beginner groups

Circuit Station Option

Station No.

Long Rope Skipping

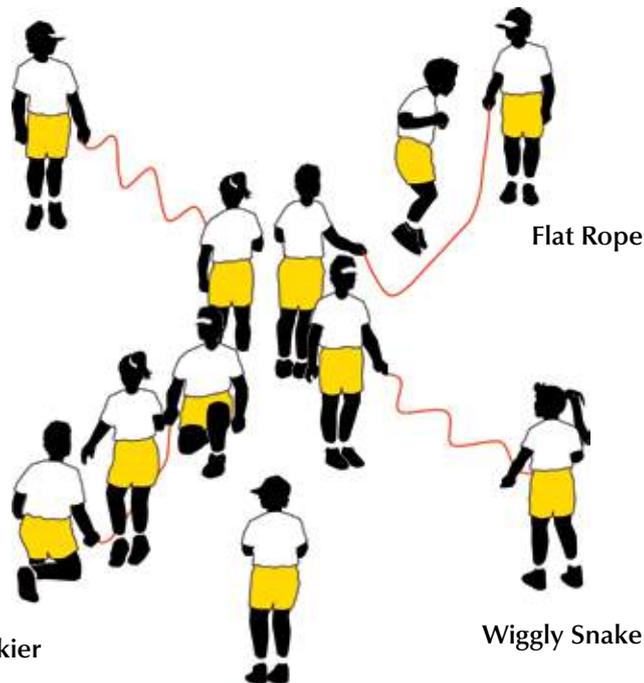
Equipment:

4 long ropes

Activities

- Designate 8 rope turners
- Get the rope turners to form an 'X' in the space available
- Assign a different long rope style to each pair (see examples in illustration below)
- Students can jump in each rope simultaneously or students can rotate through each long rope style in one go

Jump One Wave



Beginner groups

Long Ropes

Circuit Station Option

Station No.

Equipment:

4 Long Ropes and 4 Balls

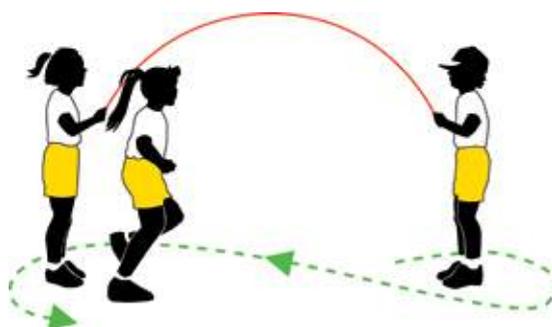
Activities

- Jump the rope
- Run Through
- Skipping (how many each time)
- Pairs passing the ball
- Double Dutch

Figure 8 Run Throughs

Explanation:

1. Run through rope, as below.
2. Continue to travel around turners in a figure 8 pattern



Beginner groups

Relays

Circuit Station Option

Station No.

Equipment:

4 ropes

4 hoops

8 markers

Activities

- Turning the hoops
- Running skipping
- Backward skipping
- Running criss cross
- Running side by side with a partner in one rope
- Make up your own relay

Two in One Rope Face-to-Face:

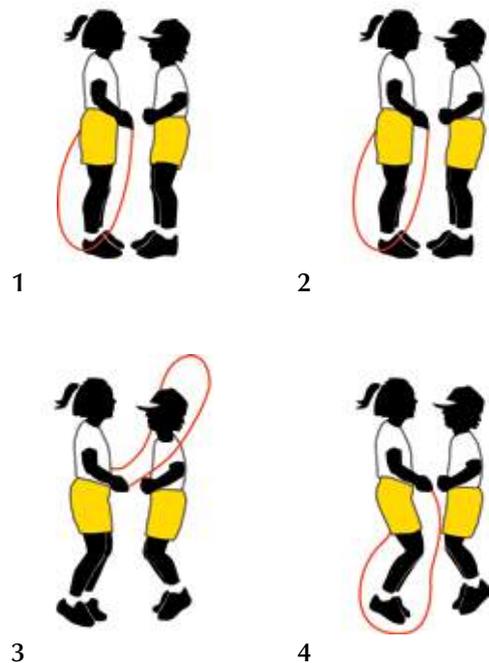
Basic Jump

Explanation:

1. Partners face each other
2. One partner controls the rope
3. Both jump basic jump

Tips: Partners should jump in unison
Start with a double bounce rather than a single bounce jump

Cue: One, two, ready, go, jump, jump, jump



Beginner groups

Jumping Circuit

Circuit Station Option

Station No.

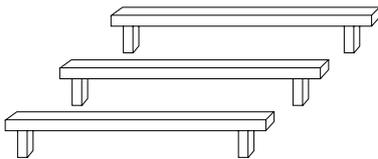
Equipment:

Various

Activities

- How many ways can you jump?
- Twist or star jumps
- Remember to land with your knees bent

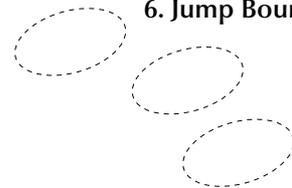
4. Jump Bounce



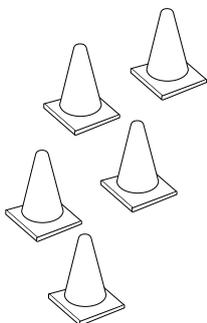
5. Linewalk



6. Jump Bounce



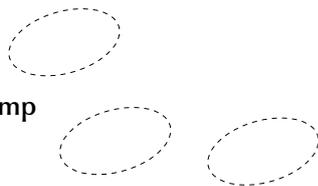
3. Dodge Run



7. Crawl Under



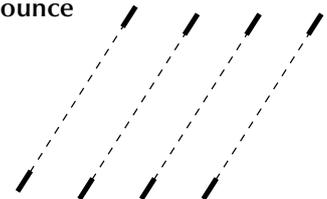
2. Standing Jump



1. Beam



8. Jump Bounce



Beginner groups

Individual Music Station

Equipment:

30 single ropes
CD player and music

Activities

- Practice all your favourites
- Criss Cross
- Side Swings
- Skier and Bell
- Double Unders
- Toe Tap
- Twist

Circuit Station Option

Station No.

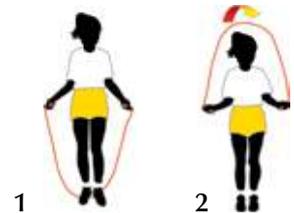
Basic Jump (Single Bounce)

Explanation:

1. Jump on both feet
2. Jump once for each turn of the rope

Tips: Keep feet, ankles and knees together
Land on the balls of the feet

Cue: Jump, jump, jump, jump



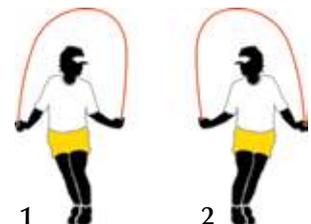
Skier

Explanation:

1. With feet together jump left
2. With feet together jump right

Tips: Feet move laterally 15-20cms to each side

Cue: Left, right, left, right



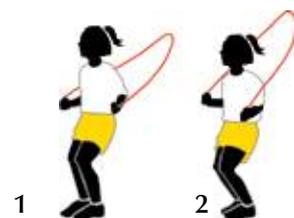
Bell

Explanation:

3. With feet together jump forward
4. With feet together jump backward

Tips: Feet move 15-20cms forward and backward

Cue: Forward, backward, forward, backward



Intermediate groups

Individual Music Station

Circuit Station Option

Station No.

Equipment:

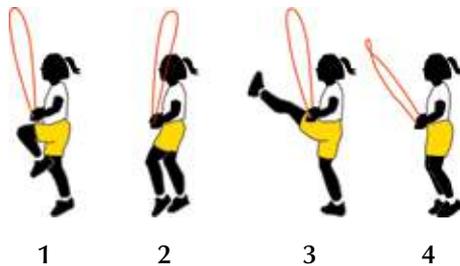
CD and CD player

30 single ropes

Activities

Try the following skills

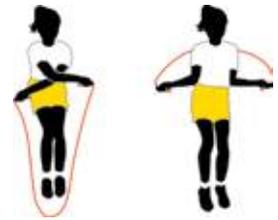
- Basic jump
- Can can
- Twist
- Bell
- Skier
- Sideswing
- Criss cross
- Fast skipping
- Double under



Criss Cross

Explanation:

1. Basic jump
2. Cross arms until elbows touch and jump
3. Open rope and perform basic jump
4. Cross right arm over left or cross left arm over right



Tips: Hold handles in extended position. Cross arms at elbows

Cue: Jump, cross, open

Can Can

Explanation:

1. Hop on right foot, left knee up
2. Hop on right foot, touch left toe to side of right foot
3. Hop on right foot, kick left leg
4. Basic jump
5. Repeat on opposite leg

Tips: Knee lift and kicks are waist high
Practice without a rope

Cue: Knee, jump, kick, jump

Hop and kick to the beat of the music. Make up a short routine with 5 different jumps



Intermediate groups

Group Skipping

Circuit Station Option

Station No.

Equipment:

3 long ropes

3 short ropes

Activities

- Basic long rope jumping
- Run in – run out (under the moon)
- Figure Eight
- Weaving in and out
- Ten jumps in the middle
- Single skipping inside the long rope

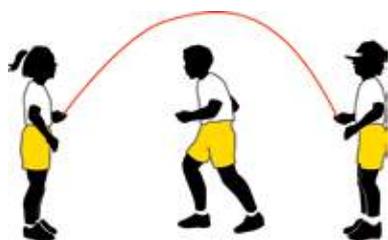
Run in - Run out (under the moon)

Explanation:

1. Turners turn the rope towards the jumper
2. Jumper begins entry when rope passes nose and hits the ground
3. Run through rope to other side without jumping

Tips: Run diagonally through the rope

Cue: One, two, ready, run



Intermediate groups

Skipping Relays

Circuit Station Option

Station No.

Equipment:

5 short ropes

5 hoops

10 cones

Activities

- Normal skipping
- Hoop relay
- Make up your own relay
- Backward skipping
- Side swing relay
- Side by side skipping
- Link skipping

Single Side Swing and Jump

Explanation:

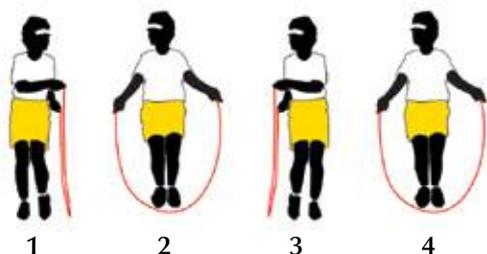
1. Swing rope to left side
2. Open hands and jump over rope
3. Swing rope to right side
4. Open hands and jump over rope

Tips: Hold one rope handle in each hand

Begin to open hands as soon as you start the downward part of the swing

Only open hands wide enough to fit body through to jump rope

Cue: Swing, jump, swing, jump



Intermediate groups

Extra Long Rope Skipping

Circuit Station Option

Station No.

Equipment:

2 extra long skipping ropes

Activities

Half of the class with each rope

- Try to get every one in skipping
- Call out names to exit, one at a time
- Down the line

Two Loops (Eyeball)

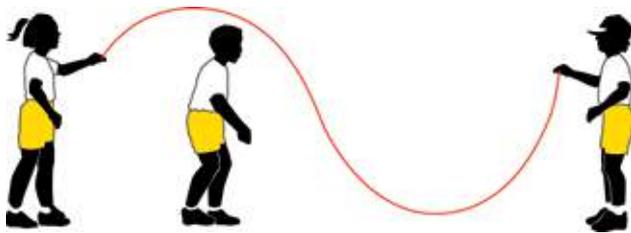
Explanation:

1. An extra long [9.0m] rope is needed
2. Both loops turn in the same direction
3. Turners turn out of time with each other; beginning with small circles, then increasing circles, till two loops form

Tips: Use big arm circles, slap the rope hard on the ground

Jumpers need to jump quicker than a double bounce jump, but not as fast as a single bounce jump

Cue: One, two, ready, go, jump, jump



Intermediate groups

Partner Skipping

Circuit Station Option

Station No.

Equipment:

15 single short ropes

Activities

Jump with a partner in one rope

- Basic jump facing each other
- Side by side
- Around the world
- Face each other and try some foot patterns
- One in one out
- Link jumping
- Wheels

One In One Out

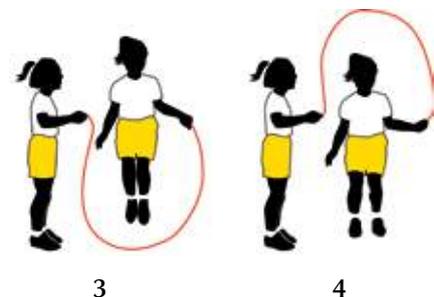
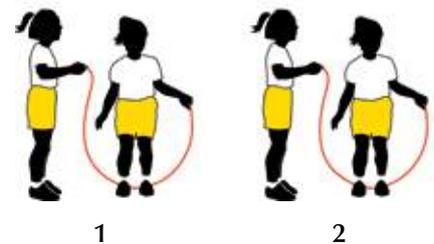
Skill Prerequisites: Two in One Rope Side-by Side:
Basic Jump

Explanation:

1. Right jumper stands outside rope with handle in right hand
2. Left jumper stands inside rope with handle in left hand
3. Turn rope together while inside partner performs basic jump
4. Take turns to be the outside turner then the jumper for each turn of the rope

Tips: Turn as if you were turning your own single rope

Cue: One, two, ready, go, jump, jump, jump



Intermediate groups

Dances

Equipment:

3 long ropes

Activities

Dances

- Can Can
- Conga
- Heel and toe polka
- Mexican hat dance
- Macarena
- Five, six, seven, eight

Can Can

Skill Prerequisites: Basic Jump

Explanation:

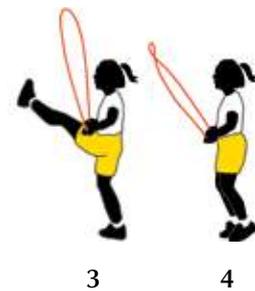
1. Hop on right foot, left knee up
2. Hop on right foot, touch left toe to side of right foot
3. Hop on right foot, kick left leg
4. Basic jump
5. Repeat on opposite leg

Tips: Knee lift and kicks are waist high; Practice without a rope

Cue: Knee, jump, kick, jump

Circuit Station Option

Station No.



Intermediate groups

Long Rope

Circuit Station Option

Station No.

Equipment:

6 long ropes

2 balls

Activities

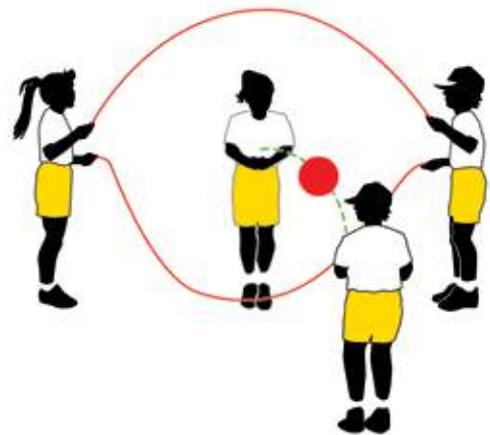
- Single basic skipping
- Foot patterns
- Single skipping throwing and catching a ball
- Skipping with a partner
- Double Dutch
- Egg Beater

Ball Passing

Explanation:

1. Pass the ball back and forward between skippers
2. Catch a ball thrown from outside the rope
3. Bounce the ball while skipping
4. Pass the ball under the legs and over the head to a partner

Tips: Use a large ball



Intermediate groups

Do what the leader says

Circuit Station Option

Station No.

Equipment:

30 hoops

15 skipping ropes

Activities

Students to listen and follow directions. For example:

- Skip backwards ten times
- Skip to the canteen
- Do the skier, bell, twist
- Scissors (Forward Straddle)
- Forearm Wrap

Scissors (Forward Straddle)

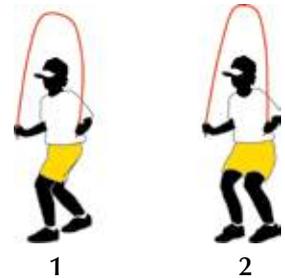
Skill Prerequisites: Basic Jump

Explanation:

1. Jump to stride position with left foot forward
2. Jump and reverse position of feet

Tips: Feet should be 30cms apart

Cue: Left, right, left, right



Forearm Wrap

Skill Prerequisite: Side Swing

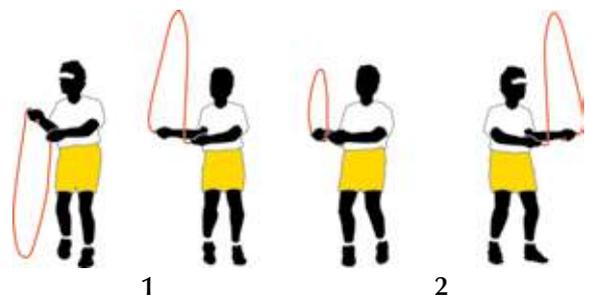
Explanation:

1. Single side swing to the right side, extend right arm and rope will wrap around it
2. To unwrap, reverse the arm rotation

Tips: Bring left hand to mid-forearm

Slightly rotate right arm to help wrap the rope

Cue: Swing, wrap



Intermediate groups

Putting Skills Together

Circuit Station Option

Station No.

Equipment:

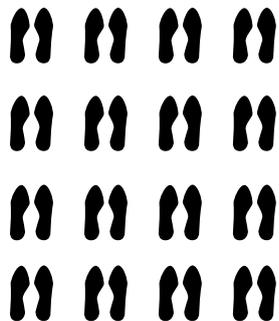
One rope per student

Activities

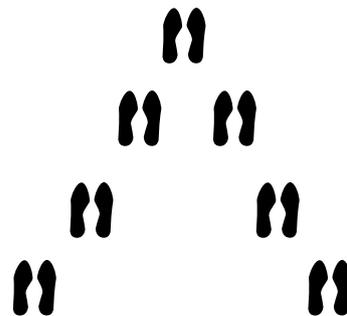
Routine

- 4 double side swings, 8 basic jumps
- 8 skier, 8 basic jumps
- 4 criss cross, 8 basic jumps
- 4 can can, 8 basic jumps
- 4 single side swing, 8 basic jumps

Basic Formation



V Formation



Advanced groups

Long Ropes

Circuit Station Option

Station No.

Equipment:

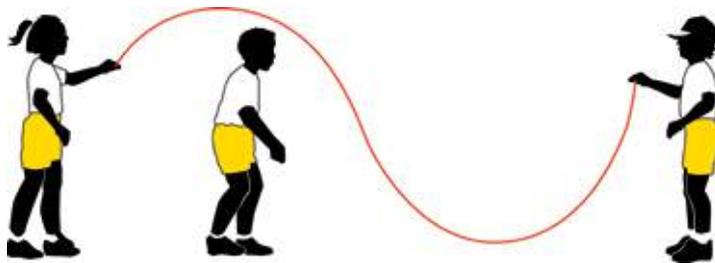
4 long ropes

Activities

Investigate how many ways you can enter and exit the long rope

Be creative! Why not try:

- Using props, eg. A ball
- Using the turners
- Combining a variety of skills or
- Calling a Heart Foundation Jump Rope for Heart rhyme



Advanced groups

Routine Building

Circuit Station Option

Station No.

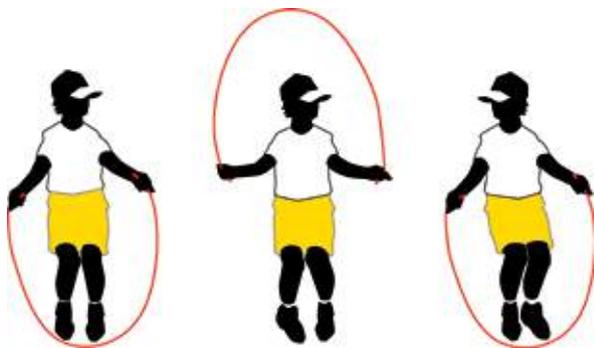
Equipment:

One short rope per student

Activities

Make up a 1-3 minute routine that includes the following short rope skills:

- Side swings
- Criss cross
- Grapevine
- Double under
- Twist
- 360°



Advanced groups

Coaching

Circuit Station Option

Station No.

Equipment:

Pen and paper

Activities

In pairs develop some tips to teach a beginner to turn and jump a short rope.

Write them down in checklist form.

HOW TO TURN AND JUMP A SHORT ROPE



Advanced groups

Circuit Station Option

Station No.

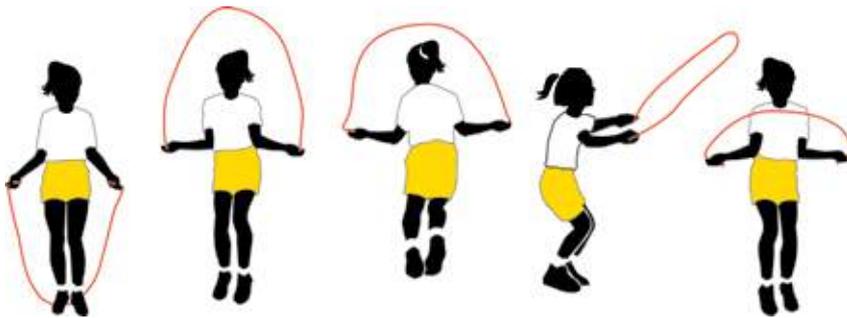
Invent!

Equipment:

One short rope per student

Activities

- Invent a totally new skill by combining two of your favourite short rope skills
- Name your skill
- Practice the skill on your own
- Then teach the skill to someone else in your group



Advanced groups

Circuit Station Option

Station No.

Travelling

Equipment:

In your group practice the skill of travelling.
Make sure everyone has a turn.

Activities

In pairs develop some tips to teach a beginner to turn and jump a short rope.

Travelling

Explanation:

1. Space jumpers in a line, a double arm's length apart
2. All jump together at the same pace as the traveller's rope
3. Traveller moves behind the line including each jumper in the rope
4. Traveller jumps once between each jumper

Tips: Establish a strong beat

Jumpers look straight ahead and keep hands folded on chest

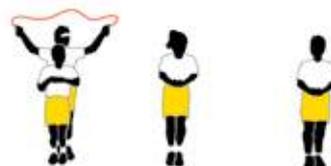
Traveller's arms extend forward and hands extend past the sides to clear jumper

All jump a little higher than normal

Cue: One, two, ready, go, jump, jump, one, two, ready, go, move, jump, move, jump



1



2



3



4



Advanced groups

Circuit Station Option

Station No.

Double Dutch

Equipment:

4 long ropes

Activities

Practice double dutch entering and exiting.
Have a go at these double dutch entering/exiting drills:

In-out drill

Double Dutch Entering

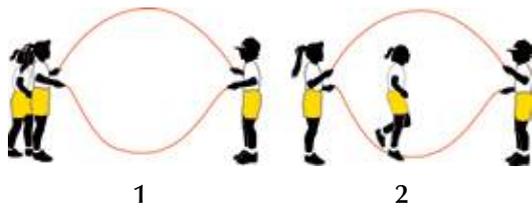
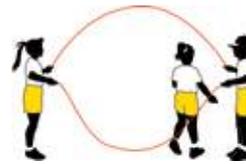
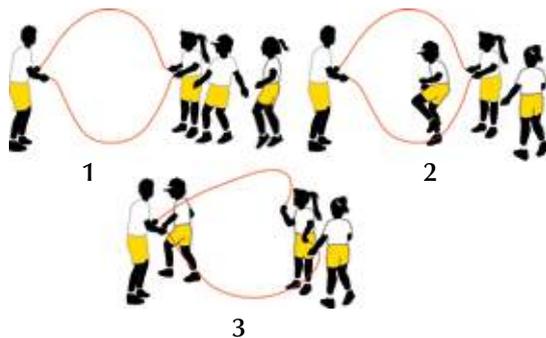


Figure eight drill

Double Dutch Exiting



Entering/Exiting: In-Out Drill



Entering/Exiting: Figure Eight



Steps to complete Jump Rope for Heart

The Jump Off Day is the best day to mark the end of the fundraising component of your program. Give your students this day as your cut off and ask that they bring in all funds raised or jump online to complete fundraising before the end of this day.

We recommend that you complete the banking and fundraising paperwork within three days of your Jump Off while the details are still fresh in your mind. Prizes cannot be sent to your school until all funds and required paperwork for your school are received at the Heart Foundation. Please share this document with anyone who will be helping with the payment to ensure they have the information they need to complete the school.

Follow these simple steps to complete your program.

Step 1: All student sponsorship forms and fundraising money returned to school.

Step 2: Complete your school's summary sheet.

Complete the excel **Summary Sheet** that has been emailed to you by your Field Officer.

You will need to record each child's name, class and amount of offline funds they have raised.

Email the completed Summary Sheet (in excel format only) to your Jump Rope for Heart Field Officer or to Jump.Rope@heartfoundation.org.au . Please note that we can only complete your school if this is received via email in excel format.

All **online** fundraising is processed by the Heart Foundation and will be included, by us, in your school's final fundraising amount.

Online only schools don't need to complete a summary sheet, simply advise your field officer to complete your school. (This is only if NO funds have been raised offline)



Step 3: Send the funds your school raised to the Heart Foundation

Electronic Funds Transfer (recommended)

If you wish to deposit directly into our account, please use the following bank account details, quoting your school registration ID number (6 digit code), provided by your Field Officer.

Account Name: National Heart Foundation

BSB: 063-000

Account Number: 1233 5523

Bank: CBA

Reference: Your school's 2016 Registration ID number (6 digits)

Please email a copy of your online Electronic Funds Transfer remittance advice to:

ss_jrfh@heartfoundation.org.au

Cheque(s)

Bank all income into your school bank account and create a cheque made out to the 'Heart Foundation Jump Rope for Heart' for the total amount of offline funds raised. If you have additional cheques from sponsors made out to the Heart Foundation (or Jump Rope Heart) please send these with your main school cheque.

Please attach all cheques to a remittance advice stating your 2016 registration ID number and payment details to:

Heart Foundation Jump Rope for Heart

PO Box 2222, Strawberry Hills NSW 2012

*Please write your 6 digit registration ID number on the back of any cheques you are sending for easy identification.

Over the Counter Bank Deposits (least recommended)

If you wish to deposit funds over the counter at a CBA Branch or a Post Office please complete a deposit slip as follows. If there are no available deposit slips please specify to the teller that the Agent no. must be included with a Trancode 60.

Reference: registration ID number as provided by your Field Officer

Account Name: National Heart Foundation

BSB: 063-000

Account Number: 1233 5523

Trancode: 60

Bank: CBA



Step 4: Prize Distribution

We will send the prizes for your students to your school to be distributed, once we have received funds and the completed summary sheet. A prize summary report will be included with your prizes to assist you in allocating prizes to students. Please allow between 15 to 20 business days after sending your funds & completed summary sheet for prizes to arrive.

Other things to note:

If your school is choosing to claim a **rebate** as funds or ropes, please still send in 100% of all funds which is a legal requirement for all charities.

If there are cash donors who require a receipt for taxation purposes (you can see this information on the sponsorship forms), simply mail the sponsorship forms to:

Heart Foundation Jump Rope for Heart

PO Box 2222, Strawberry Hills NSW 2012

We will send receipts directly to donors. Please check that addresses are completed in full and legible before sending in.

National Heart Foundation's ABN: 98008419761



Jump Off Day FAQs

Q: Do I have to hold the Jump Off Day for a specific period of time?

A: No, it's entirely up to your school to decide. Consider the fitness level of your students, the resources available and other school commitments.

Q: What preparation do the students need prior to the Jump Off?

A: Students need to participate in Jump Rope lessons to learn the basic skills and to improve their fitness. Students need to know why they are participating in the program – to improve their fitness and skills, to increase their knowledge and understanding of heart health issues, and to raise funds for lifesaving research, prevention programs and patient support. Students need to be briefed on fundraising procedures.

Q: We don't have a rope for each student. What should we do at our Jump Off?

A: Use a circuit format that includes alternate physical activities that do not involve ropes; Purchase additional ropes from the Heart Foundation by visiting our online shop

Q: We have a large school population. What Jump Off format would suit us best?

A: A school with a large number of students will need to carefully consider the resources available (ropes, hoops, helpers) and not be overwhelmed by the logistics of holding their Jump Off. Here are some ideas:

- Timetable a split Jump Off, where different grades hold their Jump Off on different days or at different times on the same day.
- Organise a mass Jump Off with outdoor space being split into sections for lower, middle and upper schools.
- Buddy up grades so they can move around the circuit together, for example Year 1 with Year 6, etc.
- Split the day, as well as your school population, into three parts, i.e. before recess, between recess and lunch, after lunch; and lower, middle and primary. Plan three different activities that the three school sections can rotate through over the course of the day: for example, art competitions/projects, skipping performances/routines, tabloid activities.
- Incorporate the Jump Off in your scheduled health and PE lessons throughout the week.

If you have any other questions and can't find the answers in this toolkit, please telephone us on 1300 72 48 04, visit www.jumprope.org.au

