Jump Rope for Heart is the Heart Foundation’s physical activity and fundraising program, designed to encourage children to skip their way to good health and help fund the fight against heart disease.

**How it works**

- Your school selects the dates it will conduct the program, typically over a 3–9 week period, ending with a ‘Jump Off day’.
- You will receive a resource kit containing equipment such as skipping ropes, music cd, fundraising materials, to help introduce and develop skipping with your students.
- A Jump Rope for Heart team member will be in contact to assist and support you running the program.
- Students enjoy skipping and fundraising throughout the duration of the program. Fundraising can be done online - this makes it quick, easy and simple with no paperwork!
- At the end of the program, your school holds a celebration Jump Off day to showcase the skills developed during the course of the program.

**Benefits of participating**

- Jump Rope for Heart fits into the National PE Curriculum and encourages a whole of school approach to promote physical activity, healthy eating, and is a hands-on opportunity for children to experience doing something for the greater good.
- Skipping during breaks, and/or when incorporated into PE lessons can contribute to the achievement of the recommended 60 minutes of moderate to vigorous physical activity for young people, enhanced fundamental movement skills and increased self confidence in students.
- There is very minimal set up/pack up time associated with Jump Rope for Heart sessions – giving kids the chance to be more active, for longer.
- Jump Rope for Heart is an activity that kids like to do, it has the potential to draw them away from sedentary pursuits.
- Jump Rope for Heart is very accessible, any child, regardless of fitness level or technical skills can learn to skip in a supportive environment.
- Jump Rope for Heart is a physical activity program that involves minimal expense for parents and schools – no sports uniforms, limited equipment required, no travel time or travel costs to sporting venues, no outside coaching staff necessary.
- Access all information for a successful program online including demonstration videos and how the program links into the curriculum.
- Enjoy support from our expert team over the phone and in person, with opportunities for motivational presentations, teachers’ in-service sessions and demonstration team visits (subject to availability and location).
- The option to claim back 10% of the funds raised by your school.

**Where the funds go**

- The Heart Foundation works to prevent suffering, disability and death from heart disease – a disease affecting two out of three Australian families.
- Funds raised through the Jump Rope for Heart program enable the Heart Foundation to fund ground-breaking research into the causes and treatment of heart disease, patient care and support.

**Register now**

1300 72 48 04  
jumprope.org.au