How to run your Jump Off Day

The Jump Off Day (JOD) is the final day of your school’s 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.

Your school can celebrate the conclusion of JRFH however you like. Whether you hold the JOD in the morning, lunch time, all day or even after school hours, the most important thing is that you make the day enjoyable for all.

Remember to promote your school’s JOD so that you get the wider school community involved, maximise the chance of receiving attention from local media, and ensure everyone knows how close to your fundraising goal your school is.

The JOD 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.

How to prepare

- Select a date/time to hold your JOD (remember this can be held at any time for as long as you like).
- Notify students and teachers at assembly about when your school is holding their JOD and explain to them that this is also the final day for fundraising.
- Let parents and families know about your JOD via email, apps, newsletters, and any other communication channel you use to encourage them to attend the JOD to see the skills their children have learnt throughout the term.
- Select a range of skipping activities and games for the students to play on the day. Please visit our Teachers manual for a more detailed plan.
- If your school has set a fundraising challenge (e.g. teacher shaving their head), complete this at the end of your JOD.
- Have fun!
EXAMPLE 1: Jump Off Day for Senior students

2 hours total; 14 minutes per activity, 1 minute rotation, 15 minute presentation

Activity 1 (14 mins): Single rope skipping relays
Equipment: red or blue handled ropes and cones

Activity 2 (14 mins): Figure 8 Miss a loop long rope
Equipment: 1 long yellow handled rope

Activity 3 (14 mins): Double Dutch
Equipment: 2 yellow handled ropes

Activity 4 (14 mins): Partner skills
Equipment: Red/blue handled ropes for whole group.

Activity 5 (14 mins): Individual free skipping
Equipment: Red/blue handled ropes for whole group

Activity 6 (14 mins): Egg beater
Equipment: 2 yellow handled ropes

Activity 7 (14 mins): Ever lasting
Equipment: Single ropes. Get students to skip all together at the same time, the last skipper standing wins! Repeat activity with a new skill e.g. ever lasting criss cross.

Conclusion (15 minutes):
Complete school dares, announce school total, announce highest fundraisers, present certificates to most improved skippers.
Activity 2: Figure Eight Miss a Loop

1. Run into rope as in Single Rope Entering
2. Jump once in the rope
3. Exit the rope as in Single Rope Exiting
4. Continue to travel around the turners in a figure eight pattern

Cue: One, two, ready, go, jump, out round turner

Activity 3: Double Dutch Entering

1. Stand close by the side of either turner
2. Concentrate on the ‘back’ rope [which is the one furthest from the jumper] and establish a rhythm
3. Avoid putting hands up in front
4. Count “one, two, ready, go” in time with the ropes
5. Run into the ropes as the back rope touches the floor and begin jumping immediately using a little two-foot basic jump
6. Jump in the centre of the ropes facing a turner

Cue: One, two, ready, go
Activity 4: Partner Skills

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

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

Activity 6: Egg Beater

1. Two ropes, four turners
2. Each turner stands in the corner of an imaginary square
3. Two ropes cross in centre of square
4. Turn both ropes together
5. Jumper will find it easier to enter where both ropes are coming towards them

Tips: Jumpers use a double bounce jump
Mark an “X” on the ground for centre of cross, where jumpers land. Jumpers should learn to enter and exit from all four positions. Turners of top rope need to turn a higher loop. Turners of bottom rope need to turn a lower oval shaped turn

Cue: One, two, one, two
EXAMPLE 2: Jump Off Day for Junior students

2 hours total; 14 minutes per activity, 1 minute rotation, 15 minute presentation

**Activity 1 (14 mins): individual skipping**
Equipment: white/red handled ropes for whole group

**Activity 2 (14 mins): long rope**
Equipment: 1 yellow handled rope

**Activity 3 (14 mins): single rope skipping relays**
Equipment: 1 white or red rope per team

**Activity 4 (14 mins): skills cards circle**
Equipment: Single ropes, skipping skills cards. Select cards from the skills cards box and get the students to rotate through each skill card. E.g. select 3 skills and spend 4 minutes on each.

**Activity 5 (14 mins): hoola hoop jump/obstacle course**
Equipment: hoola hoops, hurdles, cones, white/red handled ropes, mini trampoline. Create an obstacle course with the equipment listed and allow students to jump through the course.

**Activity 6 (14 mins): whole group long rope jump – how many can you fit?**
Equipment: 1 yellow handled rope

**Activity 7 (14 mins): Jump The River**
Equipment: 2 long ropes. Put 2 long ropes parallel on the floor (start with a 30cm gap between the ropes) and ask students to line up in front of the ropes and jump over the ropes one at a time. Slowly widen the distance between the ropes to make the jump more challenging.
Conclusion (15 minutes)
Complete school dares, announce school total, announce highest fundraisers, present certificates to most improved skippers.

Activity 1: Basic Jump (Single Bounce)
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

Activity 1: Skier
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

Activity 1: Bell
1. With feet together jump forward
2. With feet together jump backward

Tips: Feet move 15-20cms forward and backward
Cue: Forward, backward, forward, backward
Activity 2: Single Long Rope Entering

1. Stand next to turner on the side where the rope swings forwards
2. Enter the rope as soon as it has hit the ground

Tips: Turner says “go” as rope hits the ground and make sure skipper runs into the middle of the rope

Cues: One, two, ready, go

Activity 2: All Our Friends – How many can you fit?

1. Two – Four jumpers enter rope and face one end
2. In unison, jumpers may perform a variety of foot patterns
3. Other variations are jumpers link arms with a partner and swing around each other while jumping or, jumpers pass a ball to each other while jumping.

Tips: Jumpers stay close together

Cue: Jump, bounce, jump, bounce