Launching Jump Rope for Heart at your school is a great way to get students excited and explain how the program will run.

To help you do this, we’ve put together a launch presentation script which you can use at your school assembly, in a P.E. class or wherever you are launching. There is a long version and a short version, and you can customise the script to suit your school and what will appeal to your students.

You can do the launch presentation yourself, or you can split the script between two teachers, a teacher and a school/sports captain, etc. to make it fun and entertaining.

The script will help make sure you cover all the important information (like how to fundraise) as well as how to motivate your students and show them how much fun the program is!

If you have any questions or if you would like some more support, please contact the field officer in your state:

ACT: jrfh_act@heartfoundation.org.au   NSW: jrfh_nsw@heartfoundation.org.au   NT: jrfh_nt@heartfoundation.org.au
QLD: jrfh_qld@heartfoundation.org.au   SA: jrfh_sa@heartfoundation.org.au   TAS: jrfh_tas@heartfoundation.org.au
VIC: jrfh_vic@heartfoundation.org.au   WA: jrfh_wa@heartfoundation.org.au

**Key program points**

- Teach students about healthy heart habits.
- Engage students in physical activity in a noncompetitive way.
- Raise money for the Heart Foundation to fund research, while also teaching students the benefit of helping others.
- Students receive a thank you prize for their fundraising efforts.
Short launch presentation

Presenter: Hi everyone! I’m here today to tell you about the fun and exciting activity we’re about to kick off at [School Name] … Jump Rope for Heart! Jump Rope for Heart is a great way to keep our hearts healthy while learning lots of cool skipping tricks. But it’s also a way for us to help the Heart Foundation save lives.

Has anyone heard of the Heart Foundation? They fund lots of amazing research and programs to help people all over Australia – mums, dads, even us! – look after our hearts. They also work with doctors and nurses to make sure, if something happens to your heart, you get looked after in the best possible way.

So how can we help them with this? The Heart Foundation is a charity, which means they get all their money from people like us. And we’re going to raise lots of money like this …

**Invite a confident student up to demonstrate a few skipping tricks or you can do some yourself!**

Presenter: Skipping! You might be wondering how skipping can raise money … any ideas?

*If students raise their hands, see if someone can guess sponsorship, fundraising or similar.*

Presenter: By asking our families and friends to sponsor us! Today you’ll each receive a sponsorship form [hold one up]. This form has details on how to sign up online and and has space for you to get offline donations. To sign up online visit [www.jumprope.org.au](http://www.jumprope.org.au) to set up your very own fundraising page! Once you have it set up you can share it with friends and family asking them to sponsor you.

To say thank you for all your hard work and fundraising, the Heart Foundation is giving away some very cool prizes. Things like [name a few off the prize poster that will appeal to the group you’re with, e.g.:

*If you raise $60 you’ll win an Ozi-Rang*

*If you raise $150 you will get a Velcro Paddle Ball set*

After assembly/class I’ll be hanging some of these posters [hold one up] around the school so have a look at what you could win, depending on how much money you raise! There are also special bonus prizes for raising money online, so look for them too.

To close, explain what happens next and how Jump Rope for Heart will happen at your school. e.g. is it part of P.E. so students will receive forms/online instructions there, will it be at lunchtime in which case where do they get their sponsorship forms?, etc.
Long launch presentation

Introduction

Presenter: Hi everyone! I’m here today to tell you about the fun and exciting activity we’re about to kick off at [School Name] … Jump Rope for Heart! Jump Rope for Heart is a great way to keep our hearts healthy while learning lots of cool skipping tricks. But it’s also a way for us to help the Heart Foundation save lives.

Has anyone heard of the Heart Foundation? They fund lots of amazing research and programs to help people all over Australia – mums, dads, even us! – look after our hearts. They also work with doctors and nurses to make sure, if something happens to your heart, you get looked after in the best possible way.

So how can we help them with this? The Heart Foundation is a charity, which means they get all their money from people like us. And we’re going to raise lots of money like this …

Invite a confident student up to demonstrate a few skipping tricks or you can do some yourself!

But before we get to skipping, let’s talk about our hearts. Looking after your own heart is really important. There are three main things you can do … can anyone guess?

If students raise hands see if they can guess:
Being active / exercise, eating lots of healthy foods, not smoking

Do we think we can all do those three things?

Game 1 – Jump or no jump

Presenter: Now we’re going to play a game to see how much you know about your heart. It’s called ‘Jump or No Jump’. You can play this game with a whole class, or in a large group invite three students to play on stage.

I’m going to say some things about your heart and you need to decide if they’re true or false. If you think something is true, in your loudest voice shout “jump” and put your thumbs up in the air. If you think it’s false, shout “no jump” and cross your arms across your chest. Have a practice to check everyone is making the right gestures for true and false.

Questions for the game
  o Heart disease is the single biggest killer in Australia (true)
  o Eating junk food and being a couch potato will keep your heart healthy (false)
  o Heart disease effects one in five families in Australia (false – actually 1 in 3)
  o The teachers/school captain/etc. are really great skippers (ask a teacher or the student to come to the front and demonstrate 10 skips with a rope)

Great work everyone!

1300 72 48 04        www.jumprope.org.au
Heart Foundation

Jump Rope for Heart

About fundraising

Presenter: Now, we know that we’re doing Jump Rope for Heart to keep our hearts healthy and to help raise money for the Heart Foundation. But how can skipping raise money … any ideas?

If students raise their hands, see if someone can guess sponsorship, fundraising or similar.

Presenter: By asking our families and friends to sponsor us! Today you’ll each receive a sponsorship form [hold one up]. It has information about Jump Rope for Heart and how to sign up online.

Who do you think you might ask to sponsor you?

If students raise their hands, see if they can guess mum, dad, family, friend, grandparent, uncle/aunt, people they know, etc.

This year, you can also ask people to sponsor you online. Visit www.jumprope.org.au and click on register. Once your page is created you can update it with pictures and a story and send it to all your family and friends to sponsor you. Tip: fundraisers who tell people why they are fundraising raise over 74% more on average.

About prizes

Presenter: Because we’re all going to work hard and raise lots of money to help the Heart Foundation, they want to say thank you. To say thank you, they’re giving away some very cool prizes, which get bigger and bigger the more money you raise!

Name a few prizes that will appeal to the group you’re with, e.g.

If you raise $60 you’ll win an Ozi-Rang
If you raise $150 you will get a Velcro Paddle Ball set

Presenter: And if you raise heaps of money, the thank you prize is huge! If you raise $2,500 you will receive a cool Razor Scooter! Who thinks they can raise that much?

Now, remember how we talked about how you could make a page on the Jump Rope for Heart website and ask for sponsors online? There are some special bonus prizes for doing this. If you raise $100 online you will get both the Drink Bottle and the Ultimate Shoot and Score game! If you raise $300 online you will get the Inflatable Banana and the Flying Disco Ball.

Explain where you will hang up prize posters and encourage students to look at them to see all the cool thank you prizes they could win.

But don’t forget, these prizes are to say thank you for all your hard work. The main reason we’re fundraising during Jump Rope for Heart is to help the Heart Foundation save lives and fight heart disease.
Game 2 – So you think you can jump

**Presenter:** Who wants to play another game? How about, ‘So you think you can jump’?! I’m going to show you some cool skipping tricks and see if you can do them too.

For this game you can demonstrate skipping skills or have a confident student demonstrate for you. You can also play this game asking a student to come up and try the trick after you, or if you have space, hand out ropes and get the whole class involved!

Demonstrate any or all of these tricks, explaining as you go.

- **Criss cross** – hold a single rope, then cross your arms like you’re giving yourself a big hug (elbows should almost touch). To do the trick, do three normal jumps then cross your arms for a jump, and then put your arms back to normal.
- **Double under** – jump a bit higher than normal and spin your wrists twice as fast so they rope goes under your feet twice in one jump. To do the trick, do three normal jumps then a double under.
- **Long rope** – ask for two volunteers to turn and then skip in the long rope. You could do different things like turning around or touching the ground while skipping.

**Presenter:** These tricks might seem hard now, but skipping is all about practice and keeping our healthy hearts beating until we master a skill. Who’s going to try to master one of these ones during Jump Rope for Heart?

If you don’t have time/space for a game, you could ask a student to demonstrate some different tricks, or show some yourself to get students excited.

**Closing**

**Presenter:** Now – there’s one more exciting thing to announce about Jump Rope for Heart. To give an extra special reason to raise lots of money from your sponsors, on our Jump Off Day this year, if we’ve raised $[school target] all together we will [explain your school’s Happy’s Heroes goal]. How cool does that sound?

**Presenter:** So that’s everything about Jump Rope for Heart for now ... did you all have fun? Remember the Heart Foundation needs our help in the fight against heart disease so let’s learn lots of cool skipping tricks and raise lots of money from sponsors. There are three things for you to remember to do now:

1. Take your sponsorship form home and keep it somewhere safe.
2. Ask as many people as you can to sponsor you. Make sure you set up your online page too so people can sponsor you there.
3. Have lots of fun and master lots of cool new skipping tricks!