Jump Rope for Heart Outreach in Action!
Ambarvale Public School

OVERVIEW

• Located in South West Sydney near Campbelltown.
• Large metropolitan school with 320 students (of which 42 identify as Aboriginal).
• 2017 was the first year involved in the Program.

Why did we participate in Jump Rope for Heart Outreach?

• We did the Jump Rope for Heart fundraising program a long time ago and with the opportunity to run the Outreach Program our staff were interested to provide an opportunity to increase the student’s activity in sport without the financial pressure for the community.

How did Jump Rope for Heart Outreach work in our school?

• We had a team effort – with one teacher to coordinate, another teacher to run Jump Rope for Heart Outreach with the classes, and we collaborated to coordinate the Heart Day.
• We did the program in Term 3 and teachers who were doing the Jump Rope for Heart Outreach skipping were inspiring to others. Teachers were made aware of the program resources and items were placed in the newsletter, which included statistics etc.
• The Project Officer came out initially and conducted workshops which motivated the students. Knowing that he was going to come back for the Heart Day made the students want to improve and show what they had accomplished.
• The ropes were available in the playground and we noticed that the kids were using them a lot during the term. We did skip for PE as part of rotational activities.
• A lunch time skipping group started for a while but did not continue.
• We held a Heart Day and had rotations around different activities including skipping. Woolworths donated fruit which was great, and we ran 2 sessions of Indigenous games with the Opportunity Hub which is for Indigenous kids.
• Having the Project Officer come out to motivate students and one teacher to motivate all classes made it work across the whole school, so no students missed out. The free resources and equipment was great for us as a low socio-economic school (ropes, skipping cards, videos) – they are easy to use resources which makes it easy for teachers to implement with their class.
• Students were highly motivated to learn more skills with older students helping the younger ones which was good for leadership development.
• Parents and the school community were not actively involved, but some did attend the Heart Day.