Jump Rope for Heart Outreach in Action!
Barkers Vale Primary School

OVERVIEW
- Small Primary School located in Northern NSW.
- The school has three classes with a total of 40-50 students.
- 2017 was the first year involved in the Program.

Why did we participate in Jump Rope for Heart Outreach?
- Engaging in Jump Rope for Heart Outreach for the first time in 2017 was exciting for the school.
- The resources were excellent, and information provided helped our staff getting the students fit and provided the students with some much-needed variety.
- The appeal of someone coming to visit our small school was very important as we are a staff of older women and it was good to have a young, fit male as a role model for the students.

How did Jump Rope for Heart Outreach work in our school?
- The Project Officer came out and introduced the program as the initial starter in term 1. We then put the resources onto the local hard drive so that all teachers could access everything.
- We placed the skipping skills cards on the walls around the school/playground, so the students could learn tricks in lunchtimes.
- The students all had a skipping skills passport and participated in skipping 2-3 times a week for fitness. The skipping ropes were made available at lunchtime and recess.
- The old ropes we had at the school were given to students to take home and continue with their skipping, which they were very excited about!
- We pumped up the program at school assemblies, in the newsletter, viewing the videos on the Jump Rope for Heart Outreach webpage.
- We held a Heart Day, which was a great motivator and it was a big school/community day with parents. (It rained though, which made it a little more difficult).
- Parents really loved the program and said their children wanted to skip at home.
- With continuation of skipping into Terms 2 and 3 we have maintained it as part of the school’s fitness program, with the ropes always out for the students to use when they want to.
- The JRFHO Project Officer’s presence was hugely important, as he gave us good guidance, was a great resource, very supportive and was keen and positive. The visitors motivate us and give a new impetus and perspective. I don’t know that I would have kept the program going if I hadn’t known he was coming out!

“Really worthwhile, we got a lot out of it - it was cohesive, and we came together as a school.”
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What were the benefits for our school?

- The students really enjoyed the Program and they had a real sense of success, comparing their achievements. They increased their fitness and we were aware kids had been moving more.
- Students that were usually not that interested in physical activity (more literature and drama focussed) became very excited about the skipping. We did the program before the athletics carnival and students did better and were fitter as a result.
- The Program was very good for peer support in our school, it lifted overall school activity and collaboration and the students were busy skipping in the playground and not doing other things they shouldn’t!

"The program is definitely good for rural schools, the resources are excellent - easy, flexible, clear and practical to use."

"Definitely had follow-through results. It is a skill for life now.

There was fabulous parental support – the kids were coming home and telling them about it."