Jump Rope for Heart Outreach in Action!
Corindi Primary School

OVERVIEW

- Located on the Mid North Coast of NSW.
- Approx. 190 students, with a high proportion from Aboriginal and low-income communities.
- Have been involved in the Program each year since 2014.

Why did we participate in Jump Rope for Heart Outreach?

- There is a strong focus on fitness and wellbeing in the school, with morning fitness sessions held three times per week.
- We were previously involved in the fundraising version of JRFH, but this was not as successful for our school community as the Outreach Program has been.

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

- One teacher is the lead coordinator for the school’s program, liaising with the JRFH Outreach Project Officer, organising the workshop, the Heart Day and communicating information to others.
- Information is posted about JRFH Outreach on the school’s Facebook page and in the school newsletter so that parents are kept informed.
- Teachers select activities they would like to integrate into the curriculum from the JRFH Outreach Teachers manual. This is something that we can enhance in the future.
- Skipping Skills Cards were posted around the playground and used in morning fitness sessions.
- Skipping ropes were available for students to use at lunch and recess times, with the older students helping with the long ropes for the younger ones to get involved.
- A Heart Day was held at the end of the program and involved a lot of coordination, with students wearing red on the day, posters about heart health on display and students contributing with a gold coin donation for the Heart Foundation.

“"We have noticed the students have benefited from the Program, with increased skipping activity and skills together with enhanced awareness of heart disease and importance of being active.”"
How has the program evolved over the years we have participated?

- The first year involved a whole day of skipping for our Heart Day with lots of rotations.
- This has been simplified to involve set times per class of 45 minutes, and less students involved at one time. This gives each student more of an opportunity to skip.

The support from the Project Officer has been crucial to the success of the program in our school. It works very well to have the Project Officer come to the school to visit, demonstrate and motivate the children.