Jump Rope for Heart Outreach in Action!
Cumnock Public School

OVERVIEW

- Located in Central West NSW, in a predominantly farming community that is somewhat isolated.
- A small regional primary school, currently with 54 students, but with a high student turnover.
- Has been involved in the program for two years.

Why did we participate in Jump Rope for Heart Outreach?

- We are a priority school in the area and were conscious of preventing obesity, with the focus on physical activity and fitness.
- The school had previously been involved with running Jump Rope for Heart when it was possible and started doing the Outreach Program 2 years ago.
- Many of our students do not otherwise get a lot of opportunity for physical activity, as they travel long distances by bus to and from school.
- Many of the students spend considerable spare time in front of screens and Jump Rope for Heart Outreach became a great counteraction to that, making the kids move more.
- The community is very proactive and has a focus on fitness and gets involved in school activities.

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It is a fun very inclusive program that can involve the whole school and something the students really love – it is found to be very motivating. We love it because it is so inclusive – everyone can skip.

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

- The Program is driven by the teacher that oversees PE. All teachers get on board with it since it is a short program and the skipping continues before and after the formal Program.
- The skipping ropes are always out, and kids can use the ropes throughout the day. We have noisy ropes for vision impaired kids so that they can join in. Any old ropes are given to students to take home and practice.
- Skipping begins in Term 2 for 15 mins each school day. We combined it with the “Crunch and Sip” program – for that we have local senior citizens in the community as volunteers that help with cutting up fruit.
- Once the Program got running in Term 3 we promoted it in the school newsletter and included it in PE as best we could. The videos were often used, and we hung up the skipping skills cards, so the students could access them as we found the students loved challenging themselves.
- We find that Jump Rope for Heart compliments our “Live Life Well @ School” program which is very good for us as it reinforces the health messages to the students.
- We held a Jump Off (Heart Day) at the end of the term and made it a whole community event. We gave prizes to students for improving their skills and our volunteer senior citizens judged the Jump Off.

How has the Program evolved over the years we have participated?

- The Program has been implemented for a few years now and it works very well.
- The students always look forward to it and ask when we are doing Jump Rope. They are quite competitive and try to do better each year.
- We have introduced prizes each year to encourage the students to participate and reward them for their efforts.
- The school purchased some beaded ropes for students with hearing impairments.

What are the benefits for your school?

- It is a whole school activity that is easy to implement. The senior students help the smaller ones out and it is a good social activity.
- The students became more settled in class after vigorous activity.
- Our students have learned that they need to exercise more, as screen time was taking over at home.
- The school community benefits with the senior citizens getting involved in judging of the Jump Off.
- Overall for the school in general it is great PR, especially for a small school.

"The kids love the skipping videos."