Jump Rope for Heart Outreach in Action!
Tabulam Primary School

OVERVIEW
- Located in Northern NSW.
- A small, rural school with approx. 50 students, mostly from Aboriginal communities.
- Has been involved in the Program for three years.

Why did we participate in Jump Rope for Heart Outreach?
- The students have always had an interest in skipping and are already very physically active. Running Jump Rope for Heart Outreach enabled the school to keep on promoting something students love and bring in the health side of the Program.
- It is an easy program that can be incorporated into the school timetable. The program structure is very good and easy to implement.

How did Jump Rope for Heart Outreach work in our school?
- The school runs the skipping program for two terms as part of sport and integrates the curriculum in one of the terms within the PDPHE program.
- The support received from the Heart Foundation Project Officer makes it very easy for the staff to run the program. The website is interactive and makes it easier for the teachers to show the skills with the use of the videos, when we are in the classroom.
- The workshop visit is very important for our school as we struggle to get people to come out to our location. The students love it when Kane comes out to the school and it really motivates us teachers, as we don’t have the skipping skill level to show all the tricks!

What were the benefits for our school?
- The students were able to increase their skills and have the opportunity for peer teaching. With the younger students who were hesitant and less confident they were able to be included still as the older students became more confident and began to teach them. This developed the student’s confidence and leadership skills.

I think the program is great – I signed up for it years ago and am glad that we have been able to continue and grow it and the kids just the love it.

Just jump into it and get involved – use the older kids, they pick up things fast and are the best ones to teach younger kids.