



## How to Run Your Jump Off Day

The Jump Off Day is the final day of your schools Jump Rope for Heart program. It's a day when your students can have fun, show off the skills they've learnt and be acknowledged for their fundraising efforts.

Your school can celebrate the conclusion of Jump Rope for Heart however you like. Whether you hold the Jump Off Day in the morning, lunch time, all day or even after school hours, the most important thing is that you make the day enjoyable for all. Remember to promote your school's Jump Off Day so that you get the wider school community involved, maximise the chance of receiving attention from local media, and ensure everyone knows how close to your fundraising goal your school is.

The Jump Off Day is a great way to showcase your school's commitment to being active, heart health and nutrition, and to show your support for the lifesaving work of the Heart Foundation.

### How to prepare:

- Select a date/time to hold your Jump Off Day (remember this can be held at any time for as long as you like).
- Notify students and teachers at assembly about when your school is holding their Jump Off Day and explain to them that this is also the final day for fundraising.
- Let parents and families know about your Jump Off Day via email, apps, newsletters, and any other communication channel you use to encourage them to attend the Jump Off Day to see the skills their children have learnt throughout the term.
- Select a range of skipping activities and games for the students to play on the day. Please visit our online resources for a more detailed plan.
- Prepare all student certificates for fundraising and prizes to hand out on the Jump Off Day assembly
- Have fun!





## Jump Off Day for Foundation to Year 2 Students

**2 hours total; 14 minutes per activity, 1 minute rotation, 15-minute presentation. Please note you can adapt these to fit your school's needs.**

### Activity 1 (14 mins): individual skipping

Equipment: white/red handled ropes for whole group.

### Activity 2 (14 mins): long rope

Equipment: 1 yellow handled rope.

### Activity 3 (14 mins): single rope skipping relays

Equipment: 1 white or red rope per team.

### Activity 4 (14 mins): skills cards circle

Equipment: Single ropes, skipping skills cards. Select cards from the skills cards box and get the students to rotate through each skill card. E.g. select 3 skills and spend 4 minutes on each.

### Activity 5 (14 mins): hoola hoop jump/obstacle course

Equipment: hoola hoops, hurdles, cones, white/red handled ropes, mini trampoline. Create an obstacle course with the equipment listed and allow students to jump through the course.

**Activity 6 (14 mins): whole group long rope jump – how many can you fit?** Equipment: 1 yellow handled rope.

### Activity 7 (14 mins): Jump The River

Equipment: 2 long ropes. Put 2 long ropes parallel on the floor (start with a 30cm gap between the ropes) and ask students to line up in front of the ropes and jump over the ropes one at a time. Slowly widen the distance between the ropes to make the jump more challenging.





### Activity 1: Basic Jump (Single Bounce)

1. Jump on both feet
2. Jump once for each turn of the rope

Tips: Keep feet, ankles, and knees together, land on the balls of the feet

Cue: Jump, jump, jump, jump

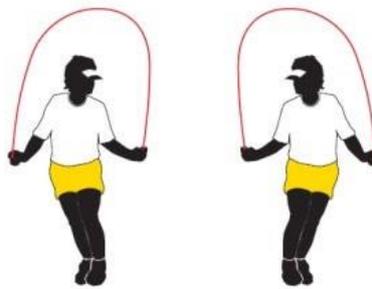


### Activity 2: Skier

1. With feet together jump
2. With feet together jump

Tips: Feet move laterally 15-20cms to each side

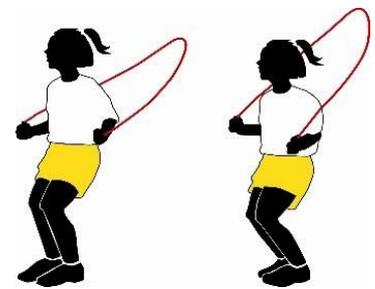
Cue: Left, right, left, right



### Activity 3: Bell

1. Feet together jump forward
2. Feet together jump back

Cue: Forward, backward, forward, backwards

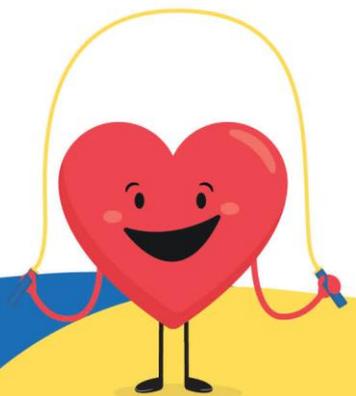
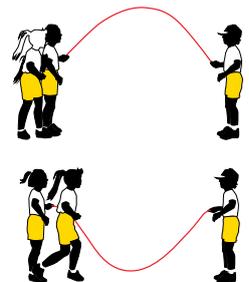


### Activity 4: Single Long Rope Entering

1. Stand next to turner on the side where the rope swings forwards
2. Enter the rope as soon as it has hit the ground

Tips: Turner says "go" as rope hits the ground and make sure skipper runs into the middle of the rope

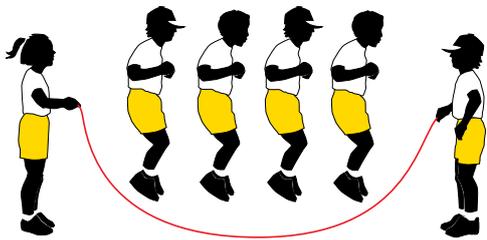
Cues: One, two, ready, go





## Activity 5: All Our Friends – How many can you fit?

1. Two – Four jumpers enter rope and face one end
2. In unison, jumpers may perform a variety of foot patterns
3. Other variations are jumpers link arms with a partner and swing around each other while jumping or, jumpers pass a ball to each other while jumping.



Tips: Jumpers stay close together

Cue: Jump, bounce, jump, bounce





## Jump Off Day for Year 3 to Year 6 Students

2 hours total; 14 minutes per activity, 1 minute rotation, 15-minute presentation

### Activity 1 (14 mins): Single rope skipping relays

Equipment: red or blue handled ropes and cones

### Activity 2 (14 mins): Figure 8 Miss a loop long rope

Equipment: 1 long yellow handled rope

### Activity 3 (14 mins): Double Dutch

Equipment: 2 yellow handled ropes

### Activity 4 (14 mins): Partner skills

Equipment: Red/blue handled ropes for whole group

### Activity 5 (14 mins): Individual free skipping

Equipment: Red/blue handled ropes for whole group

### Activity 6 (14 mins): Eggbeater

Equipment: 2 yellow handled ropes

### Activity 7 (14 mins): Ever lasting

Equipment: Single ropes. Get students to skip all together at the same time, the last skipper standing wins! Repeat activity with a new skill e.g., everlasting Criss Cross.

### Conclusion (15 minutes):

Complete school dares, announce school total, announce highest fundraisers, present certificates to most improved skippers.

Have fun!

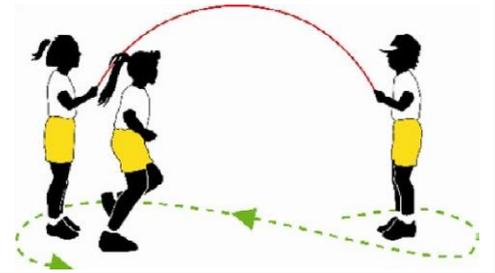




## Activity 2: Figure Eight Miss a Loop

1. Partners face each other
2. One partner controls the rope
3. Both jump together

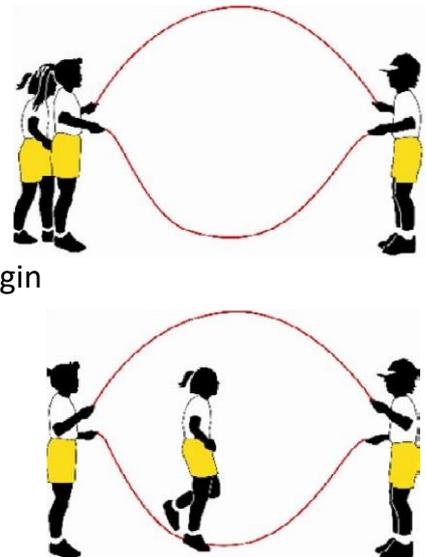
Cue: One, two, ready, go, jump, out round turner



## Activity 3: Double Dutch Entering

1. Stand close by the side of either turner
2. Concentrate on the 'back' rope [which is the one furthest from the jumper and establish a rhythm
3. Avoid putting hands up in front
4. Count "one, two, ready, go" in time with the ropes
5. Run into the ropes as the back rope touches the floor and begin jumping immediately using a little two-foot basic jump
6. Jump in the centre of the ropes facing a turner

Cue: One, two, ready, go

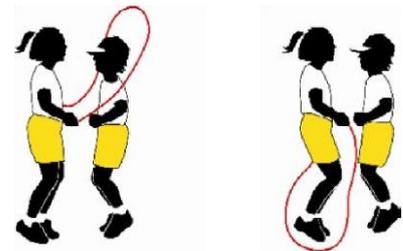


## Activity 4: Partner Skills

1. Partners face each other
2. One partner controls the rope
3. Both jump together

Tips: Partners should jump in unison  
Start with a double bounce rather than a single bounce jump

Cue: One, two, ready, go, jump, jump, jump





## Activity 6: Eggbeater

1. Stand close by the side of either turner
2. Concentrate on the 'back' rope [which is the one furthest from the jumper] and establish a rhythm
3. Avoid putting hands up in front
4. Count "one, two, ready, go" in time with the ropes
5. Run into the ropes as the back rope touches the floor and begin jumping immediately using a little two-foot basic jump
6. Jump in the centre of the ropes facing a turner

Cue: One, two, ready, go

