Managing Your Instant DUCKS!

Ideas for HOW to Manage the $5 Coupon
Ideas for HOW to Distribute the Instant Ducks
Ideas for HOW to TRACK the Instant Ducks

Find out at www.shapeamerica.org/jump/pulse or talk to your AHA Youth Market Director

Make This Year's Event All-Inclusive with Staff Contests!

By Margaret Beuter, Longfellow/Southeast Physical Education & Iowa JRFH State Coordinator

Our Longfellow Elementary Schools kicks off our Jump Rope For Heart/Hoops For Heart week by getting our staff involved, including our secretary, paraeducators, custodian and student teachers. We are a K-6 building, so each grade level enters one person into each of our competitions. It has been such a great event and we all look forward to it. The students cheer everyone on and we can get pretty competitive. (I do have to keep the records for each event.)

Each of our classrooms selects a staff person to represent the following categories:

Which staff person can do the most jumps in 30 seconds?
Which staff person can do the most criss-crosses in 30 seconds?
Which two teachers can do double jump with one rope?
Which teacher can blow the biggest bubble while jumping?
Which teacher can have the best routine in using a long rope?
### Activity: Risk Factors and Your Heart

#### Materials:
- 1 drinking straw cut in half per student
- 2 dumbbells (of varying weights depending on student ability) per group of students. If you don’t have dumbbells try using empty milk jugs filled with dirt or grocery bags filled with heavy objects. If you have flag football belts you could even have the heavy grocery bags belted through so students can move more freely.
- 10 index cards with activity descriptions for each station
- Stopwatch or timer
- Music (optional)
- Activity sheet and pencil for each student

#### Activity:
When students first enter the gym, have them begin warming up by going through 10 stations that have already been set up. Have students spend about 30 seconds at each station. (I like to have music playing in the background that switches every 30 seconds or a timer that sounds off so students know to rotate on their own. There are plenty of cool apps to help with this.)

Station suggestions: jumping jacks, lunges, high knees, squat jumps, jump rope, line jumps/skiers, sit ups. Include stations where students can practice previously learned skills.

After students have gone through the stations bring them together and begin a discussion about the term “risk factor.” Have students share their definition of a risk factor. Ask students what they think are some risk factors that can affect their heart. Explain to students how smoking and being overweight can affect your heart. Explain to students they will go through the stations again, but this time they will have a risk factor. Have students get into pairs. Each student will receive half a straw and each pair will receive a set of dumbbells/heavy weights/objects. Explain that the straws will represent impaired breathing caused by smoking and that the dumbbells or weights will represent excess weight. Have pairs go through the stations as they did during the warm-up alternating between breathing through the straw and carrying the excess weight with their partners.

Once students have completed each station have them individually complete an activity sheet. After collecting the activity sheets ask students how they felt complete the stations with the straws and the excess weight.

#### Activity Sheet: Risk Factors and Your Heart

Name: ________________________  Date: ______________

1. Define risk factor.
2. Compare how it felt to complete the stations with and without “risk factors.”
3. How do risk factors, like smoking and being overweight, affect your heart?

### National Health Standard 7:
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### National Physical Education Standard 1:
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

### Essential Question:
How do risk factors affect your heart?

### Objectives:
Students will be able to define the term “risk factor” and identify risk factors that affect their heart. Students will be able to explain how risk factors affect their heart.

### Materials:
- 1 drinking straw cut in half per student
- 2 dumbbells (of varying weights depending on student ability) per group of students. If you don’t have dumbbells try using empty milk jugs filled with dirt or grocery bags filled with heavy objects. If you have flag football belts you could even have the heavy grocery bags belted through so students can move more freely.
- 10 index cards with activity descriptions for each station
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- Music (optional)
- Activity sheet and pencil for each student

### Activity Sheet: Risk Factors and Your Heart

Name: ________________________  Date: ______________

1. Define risk factor.
2. Compare how it felt to complete the stations with and without “risk factors.”
3. How do risk factors, like smoking and being overweight, affect your heart?

### Have You Heard?
Music is a great way to encourage movement, dance and activity in physical education class and your Jump Rope For Heart and Hoops For Heart events. Each month, SHAPE America posts a new kid-friendly music playlist online on the Jump/Hoops Facebook page at www.facebook.com/jumpandhoops. To listen, simply click on the link and create a free Spotify account (if you don’t already have one), and begin streaming from your computer or mobile device.
Let’s Exercise Our Hearts While Snowshoeing!

By Caryl Dazer, Livonia Public Schools, Livonia, Michigan

What all children have in common is that, all or most of them attend school during the day. As teachers we can reach out to most students by teaching them about heart fitness and by promoting activities that get them moving and their hearts pumping throughout the school day. Today, one in three children and youth (ages 2-19) in the United States are already overweight or obese (Alliance for a Healthier Generation & American Heart Association, Childhood Obesity an American Epidemic, 2011). During the winter months in the Northern states we tend to eat a little more and become less active. Being cooped up inside with all those indoor recesses can lead to the “cold weather blahs.” Our students feel this way too! Many of our students feel that winter is a time to hibernate in front of the TV. The truth is students need to be active all year round, even during the winter months.

This can be challenging for some school districts. Depending on the school district’s rules on wind chill and temperatures, our students can be indoors practically all winter long. Let us make it clear to students that it is safe and ok to go outside and exercise in the cold. Teachers should encourage our students to do this by first teaching them how to stay safe in the cold, including: to dress appropriately, with layers, hats, and gloves; drink plenty of fluids and stay hydrated; and use sunscreen on sunny days (Kids Health, Nemours Center for Children’s Health Media, How to Stay Safe in the Ice and Snow, 2012).

I am a physical education teacher for Livonia Public Schools in Michigan. I have been a Jump Rope For Heart coordinator for 20 years. This has become one of the most popular events that we do all year. My students start asking in September when we will be having our Jump Rope For Heart event and what this year’s “theme” will be? We have had themes such as a Hawaiian Luau, a Country Ho Down, and Rock the Beat! We will be doing a “Winter Wonderland of Healthy Hearts” this year. During the month of February, I will include in my cardiovascular fitness lessons and during our Jump Rope For Heart Event winter activities to get students’ hearts pumping. I will do this by introducing my students to snowshoeing!

Snowshoeing is one of the fastest growing sports in the Northern United States. It is inexpensive, it can be done anywhere that there is snow, and it is very inclusive — everyone can do it! With the gift certificates we earned at last year’s Jump Rope For Heart event and the two grants I received from SHAPE America and the Michigan Association for Health, Physical Education, Recreation and Dance, I purchased 35 pairs of snowshoes from US Games.

I will begin my unit at the end of January and will introduce the students to snowshoeing by showing them the different styles, sizes, and shapes of snowshoes. We will also learn the history of snowshoeing. We will then learn how to put them on and walk in them. Then we will head outdoors to exercise our hearts with snowshoeing around our school grounds. I will develop a course where we will stop at intervals and take our pulse, talk about how we feel, and learn about the physical benefits of snowshoeing.

For students with disabilities:
• Physical education teachers can display a giant snowshoe on the gym door to let students know it’s snowshoeing time in physical education.
• Physical education teachers can send home a note explaining to parents that in the next weeks during their child’s PE class we will be going outside to snowshoe.
• Classroom teachers can help by asking the students to already be dressed in their outdoor wear when they arrive to physical education class.
• Physical education teachers can display a giant snowshoe on the gym door to let students know it’s snowshoeing time in physical education.

These lessons all align with the Michigan State Standards for Physical Education and the National Standards for Physical Education. Here are some suggestions for teaching snowshoeing to elementary students:
• Get several parent helpers. They can help students put on the snowshoes, hats, gloves, and boots.
• Classroom teachers can help by asking the students to already be dressed in their outdoor wear when they arrive to physical education class.
• Physical education teachers can send home a note explaining to parents that in the next weeks during their child’s PE class we will be going outside to snowshoe.
• Physical education teachers can display a giant snowshoe on the gym door to let students know it’s snowshoeing time in physical education.

I will create all of my lessons by using the following websites:
• Kids and snowshoeing: How to Get Started REI: www.rei.com/learn/expert-advice/snowshoeing-kids
• Snowshoeing Education 101: www.showshoemag.com
• Winter Feels Good, Bring Snowshoes into your Physical Education Program: www.showlink.com
• Winter Kids: www.kids.org

For students with disabilities:
• Have paraprofessionals be their partners.
• Give them a peer partner.
• Go slower.
• Repeat directions often.
• Make the course smaller for them and give them more breaks.
• Encourage them to join or participate in snowshoeing as a Special Olympic event.

When teaching heart fitness, we must teach the whole child. This teaching approach holds that each child enters school healthy, learns about and practices a healthy lifestyle, is safe, is engaged, is supported, and is challenged. As Jump Rope For Heart coordinators we must think “outside of the box” and challenge our students with themes and fun activities. So grab that hat, put on those layers, drink up, lather up with sunscreen, and have fun exercising your heart outside and enjoy the snow and all the benefits it has to offer!
The American Heart Association is pleased to announce the winners of the 2013-2014 National JRFH and HFH Awards. Each year, American Heart Association staff members nominate exemplary PE teachers, school administrators, and students who have gone above and beyond in implementing Jump Rope and Hoops For Heart in their schools, helping to advance the American Heart Association’s mission of “building healthier lives, free of cardiovascular diseases and stroke.”

These awards recognize volunteers who have coordinated successful events at their schools, utilizing creativity, passion and community involvement.

Outstanding Jump Rope For Heart Coordinator:
Dave Dixon,
Hayward Primary/Intermediate School, Hayward, WI

Outstanding Hoops For Heart Coordinator:
Michael Stanislawski,
Pine Ridge Elementary, Ellerslie, GA

Outstanding Team of the Year:
Mary Rodriguez &
Christina Bender Tiritilli,
Oriole Park Elementary School,
Chicago, IL

This award recognizes a superintendent, principal, coordinator or instructional specialist of PE who has been instrumental in growing the JRFH/HFH program(s) in his/her school.

Administrator of the Year Award
Dr. Steven Keller, Redondo Beach Unified School District, Redondo Beach, CA

This award recognizes volunteers who have coordinated successful events at their schools, utilizing creativity, passion and community involvement.

Outstanding Jump Rope For Heart Coordinator:
Dave Dixon,
Hayward Primary/Intermediate School, Hayward, WI

Outstanding Hoops For Heart Coordinator:
Michael Stanislawski,
Pine Ridge Elementary, Ellerslie, GA

Outstanding Team of the Year:
Mary Rodriguez &
Christina Bender Tiritilli,
Oriole Park Elementary School,
Chicago, IL

These awards recognize exemplary first-time participating schools.

Jump Rope For Heart Rookie of the Year
Lakeview Elementary, Roanoke, TX

Hoops For Heart Rookie of the Year
Ladue 5th Grade Center, St. Louis, MO

This award recognizes a JRFH/HFH volunteer who has helped bring other peers into the program either by ‘opening doors’ to American Heart Association staff and/or helping the American Heart Association recruit new volunteer coordinators.

“Open Door” Award
Karla Stenzel & Merri Copeland, Wichita Public Schools, Wichita, KS

Faye Biles was an early pioneer of Jump Rope For Heart who focused much of her energy on the event’s educational aspects. This award is named after Faye to recognize a JRFH/HFH coordinator who has been instrumental in implementing the American Heart Association’s educational programs in his/her school.

Faye Biles Educational Award
Sue Kassab, All Saints Academy, St. Mary’s School, St. Clare’s, NJ

This award recognizes young people, under the age of 21, who has demonstrated the highest levels of leadership in action that contributed to the growth of JRFH or HFH.

Young Heart Leadership Award
Emma Turner, Ernst P. Barka Elementary School

This award recognizes a young person, under the age of 21, who has demonstrated the highest levels of leadership in action that contributed to the growth of JRFH or HFH.

Young Heart Leadership Award
Emma Turner, Ernst P. Barka Elementary School

Jump Rope For Heart 35th Anniversary Volunteer Engagement Award
Brett Fuller, Milwaukee Public Schools, Milwaukee, WI
Congratulations to the Top 10 Jump Rope For Heart, Hoops For Heart, and Jump Rope & Hoops For Heart (combo events) schools! The following schools raised the most money in their event category across the nation. Thank you so much!

### Top 10 Jump Rope For Heart

<table>
<thead>
<tr>
<th>School</th>
<th>State</th>
<th>Gross Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Road Elementary</td>
<td>NY</td>
<td>$107,415</td>
</tr>
<tr>
<td>Hayward Primary/Intermediate School</td>
<td>WI</td>
<td>$100,070</td>
</tr>
<tr>
<td>St Benedict’s Episcopal Day School</td>
<td>GA</td>
<td>$67,128</td>
</tr>
<tr>
<td>Pleasant Ridge Elementary School</td>
<td>IL</td>
<td>$65,263</td>
</tr>
<tr>
<td>Kamehameha Elementary School</td>
<td>HI</td>
<td>$55,670</td>
</tr>
<tr>
<td>Chelsea Intermediate School</td>
<td>IL</td>
<td>$52,047</td>
</tr>
<tr>
<td>May Chesak Elementary School</td>
<td>IL</td>
<td>$47,090</td>
</tr>
<tr>
<td>H B Whitehorne Middle School</td>
<td>NJ</td>
<td>$46,897</td>
</tr>
<tr>
<td>Leggee Elementary School</td>
<td>IL</td>
<td>$45,430</td>
</tr>
<tr>
<td>Edward V Walton Elementary School</td>
<td>NJ</td>
<td>$44,674</td>
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</table>

### Top 10 Jump Rope and Hoops For Heart Combo Event

<table>
<thead>
<tr>
<th>School</th>
<th>State</th>
<th>Gross Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parley’s Park Elementary</td>
<td>UT</td>
<td>$44,856</td>
</tr>
<tr>
<td>Hudson PEP School</td>
<td>TX</td>
<td>$32,570</td>
</tr>
<tr>
<td>Hannah Martin School</td>
<td>IL</td>
<td>$32,345</td>
</tr>
<tr>
<td>Spring Run Elementary School</td>
<td>VA</td>
<td>$28,473</td>
</tr>
<tr>
<td>Greathouse School</td>
<td>TX</td>
<td>$26,815</td>
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<tr>
<td>Curington Elementary School</td>
<td>TX</td>
<td>$26,644</td>
</tr>
<tr>
<td>Plank Rd South Elementary School</td>
<td>NY</td>
<td>$25,424</td>
</tr>
<tr>
<td>Nickajack Elementary School</td>
<td>GA</td>
<td>$24,349</td>
</tr>
<tr>
<td>Holland Hall School</td>
<td>OK</td>
<td>$24,106</td>
</tr>
<tr>
<td>Washington Elementary</td>
<td>TX</td>
<td>$23,178</td>
</tr>
</tbody>
</table>

### Top 10 Hoops For Heart

<table>
<thead>
<tr>
<th>School</th>
<th>State</th>
<th>Gross Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Attleboro Middle School</td>
<td>MA</td>
<td>$96,626</td>
</tr>
<tr>
<td>Mills Park Middle School</td>
<td>NC</td>
<td>$35,844</td>
</tr>
<tr>
<td>Ilchester Elementary School</td>
<td>MD</td>
<td>$32,161</td>
</tr>
<tr>
<td>Haverford Middle School</td>
<td>PA</td>
<td>$31,262</td>
</tr>
<tr>
<td>Davis Drive Middle School</td>
<td>NC</td>
<td>$30,251</td>
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<tr>
<td>North Hunterdon High School</td>
<td>NJ</td>
<td>$28,926</td>
</tr>
<tr>
<td>Fallston Middle School</td>
<td>MD</td>
<td>$25,942</td>
</tr>
<tr>
<td>East Woods School</td>
<td>OH</td>
<td>$24,967</td>
</tr>
<tr>
<td>Quarry Hill Elementary School</td>
<td>PA</td>
<td>$22,589</td>
</tr>
<tr>
<td>Southampton Middle School</td>
<td>MD</td>
<td>$22,191</td>
</tr>
</tbody>
</table>

### Top Online Fundraising School

<table>
<thead>
<tr>
<th>School</th>
<th>Gross Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Road Elementary</td>
<td>$50,590</td>
</tr>
</tbody>
</table>

### Top Online Fundraising Participant

<table>
<thead>
<tr>
<th>Participant</th>
<th>Gross Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lauren Lindberg, Durham Academy</td>
<td>$10,000</td>
</tr>
</tbody>
</table>

### Get Involved!

Will we see you in Seattle at the SHAPE America National Convention & Expo? We have an exciting JRFH program track planned and fun extracurricular activities! For more information, visit: [www.shapeamerica.org](http://www.shapeamerica.org).
Before students bring in their duck coupons, I plan to have my spreadsheets ready to go with student names included. I will check off students’ names when they bring in a duck coupon, and then hand them a duck sticker to put on the pond. When students bring in their donations, I will be able to see who has brought in the $5 or more, and which ones have not. I have a reminder sheet that I like to send home to help students remember to bring in their donation. Here is a sample that you can use for your school:

Dear Parents,

This year’s Jump Rope and Hoops For Heart event was a huge success and a ton of fun! I hope your kids enjoyed the event, and will remember the messages behind JRFH/HFH and maintaining a healthy heart with them for a long time!

Your son/daughter recently turned in the “duck coupon” for JRFH/HFH and received a Quacky Duck. The JRFH/HFH donation envelopes are due on ____________.

Please include the $5 donation for the Quacky Duck and any other donations that were collected in an envelope and return it to ________ tomorrow. If your son/daughter collected any donations online, please print out a copy of the donation page and return it in the envelope as well.

I would like to wrap up the event as soon as possible, so I appreciate your help with this! Thank you so much for your support of JRFH/HFH!

— Patty Kestell, 2013 National Elementary PE Teacher of the Year & Wisconsin JRFH/HFH State Coordinator

Make Your Event Go Swimmingly

**Cathryn says:**

- Have a parent help out as the "Duck Commander."
- Hand out ducks before and after school.
- As soon as students get their ducks, put their name on the duck, and have them sign the duck sticker and place it on the pond.
- During the month of your event, wear the ducks and build excitement by placing pictures of them around the school for kids and parents to see.
- Host a school television show to introduce and discuss the ducks and their heart healthy message.
- Host a jump rope movie night where people contribute $5 to jump rope and then watch a movie at school (it’s like a parent night out). Volunteer teachers and parents can help watch the children. Give each child a duck for attending.

— Cathryn Gaines, Arkansas Elementary PE Teacher of the Year & JRFH/HFH State Coordinator

**Patty says:**

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**Envelope Reminder Example**

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**We Want to Hear from You!**

In what exciting and innovative ways are you bringing heart-healthy living and physical activity to your students? How is the JRFH/HFH program being delivered across the curriculum in your school? What are your best fundraising strategies? Bring national attention to your school or district and write for The Pulse. We accept articles, best practices, lesson plans and pictures.

**The next deadline for submissions is March 1, 2015.**

Email articles (or questions) to Laura Munley at lmunley@shapeamerica.org.

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This collection of Jump Rope and Hoops For Heart pins was sent to SHAPE America from Linda Ramsey, a retired physical education teacher. She held the first ever Jump Rope For Heart event in the state of Tennessee, and went on to participate in the program for 19 years! In addition, she served as the TN State JRFH Coordinator. Thank you so much for your service, Linda!