

BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

THE BASICS

PERMISSION ---- Principal / School Personnel

DATE / TIME

- Check and Double-check School Calendar
- February = Heart Month
- Single Day / Evening / Multiple Days
- Physical Education Classes / After School Hours / Weekend Event

FORMAT

- Make it YOURS
- Theme: Hawaiian / American Spirit
- Combined groups = schedule
- Individual / Team Jumpers

MOTIVATION

- Coordinator's Enthusiasm
- JRFH Posters
- Student Prizes
- Random Prizes (drawings)
- Contests
 1. 100% Participation – Class
 2. Costume
 3. \$50 donations = sign teacher's JRFH shirt
 4. \$100 donations = sign gym banner

PRE-EVENT

- Spread the Word!
 1. Newspaper Articles (handout includes three examples)
 2. Student – Parent Sheets (handout includes two examples)
 3. Bulletin Board
- Seek Volunteers – family and community members
- Teach Rope Jumping and Turning Skills
- Insert information onto the Coordinator Resource Computer CD
- Above all, allow your enthusiasm to be contagious

EVENT

- Decorations
- Music
- Variety of Jump Rope Stations / Choices
- Healthy Snacks
- Post Daily Totals \$\$\$\$

POST-EVENT

- Newspaper Article
- PHOTOGRAPHS
- Awards Assembly
- Complete Records and Submit Order
- Complete Thank You certificates --- volunteers & students
- Celebrate your successes!



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

KAHPERD JRFH / HFH MENTOR PROGRAM

Established October 2008

Updated October 2014

<p>MELANIE TOLAR JRFH & HFH Cheney, KS 316-542-3137 mtolar@usd268.org</p> <ul style="list-style-type: none"> Event Organization Creative Ideas School Involvement 	<p>MARLYS GWALTNEY JRFH Halstead / Bentley, KS 316-796-0210 mgwaltney@usd440.com</p> <ul style="list-style-type: none"> Event Organization Creative Ideas School Involvement 	<p>JAIME MCVEY JRFH Sublette, KS 316-284-6550 jmcvey@usds374.org</p> <ul style="list-style-type: none"> Event Organization Activities & Creative Ideas School Involvement
<p>RAMIE ALLISON JRFH & HFH Haysville, KS 316-554-2370 ext. 1603 rallison@gmail.com</p> <ul style="list-style-type: none"> Event Organization Creative Ideas 	<p>SUSAN SLATER HFH De Soto, KS 913-667-6260 sslater@usd232.org</p> <ul style="list-style-type: none"> Event Organization School Involvement 	<p>JULIE WEBB JRFH & HFH Olathe, KS 913-780-7770 jwebbw@olatheschools.org</p> <ul style="list-style-type: none"> Event Organization Creative Ideas
<p>NATHAN BURGESS JRFH & HFH Salina, KS 785-827-8891 NBurgess@ellsaline.org</p> <ul style="list-style-type: none"> Event Organization School Involvement Creative Ideas 	<p>SARA ROEPKA JRFH & HFH Haven, KS 620-465-2501 sroepka@havenschools.com</p> <ul style="list-style-type: none"> Creative Ideas School Involvement On-line Fundraising 	<p>DON FUNKE JRFH & HFH Wichita, KS 316-706-1594 (cell) dfunke@wcsks.com</p> <ul style="list-style-type: none"> Creative Ideas Collegiate Partnership Event Organization
<p>MISSI HASKELL JRFH & HFH Dodge City, KS 620-277-6532 haskell.shcs@gmail.com</p> <ul style="list-style-type: none"> School Involvement 	<p>WENDY SCHOLTEN (retired) JRFH Olathe, KS 913-782-2423 stormynana87@gmail.com</p> <ul style="list-style-type: none"> Event Organization School Involvement 	<p>PATTI PAULSON JRFH Valley Center, KS 316-755-7030 ext. 3117 patti.paulson@usd262.net</p> <ul style="list-style-type: none"> Event Organization On-line Fundraising
<p>JIM BROWN JRFH Newton, KS 316-284-6550 james.brown@usd373.org</p> <ul style="list-style-type: none"> Event Organization Creative Ideas 	<p>BRENDA SHARP, Joint Projects Chair JRFH & HFH Goddard, KS 316-794-4142 bsharp@goddardusd.com</p> <ul style="list-style-type: none"> Events for K-8; 9-12 School Involvement Event Organization 	<p>KIM MORRISSEY JRFH & HFH Wichita, KS 316-973-3162 kmorrissey@usd259.net</p> <ul style="list-style-type: none"> Creative ideas Event Organization
<p>JOAN BOLT JRFH Norton, KS 785-877-2122 jbolt@211.org</p> <ul style="list-style-type: none"> Rope Games/Activities 	<p>KAHPERD JRFH/HFH Mentors have volunteered to share their expertise.</p>	<p>JODIE LEISS JRFH Emporia, KS 620-341-6127 jleiss@emporia.edu</p> <ul style="list-style-type: none"> Creative ideas



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

KANSAS



- Jennifer Thompson — jennifer.thompson@heart.org
- Nikki Medina — nikki.medina@heart.org
- Rebecca Giles — rebecca.giles@heart.org
- Shaun Musick — shaun.musick@heart.org
- Laura Taylor — laura.taylor@heart.org
- Cindy Cook — cindy.cook@heart.org



JRFH and HFH event coordinators also have the resources of an American Heart Association Youth Marketing Director. The YMDs oversee specific territories and are the go-to resource for specific AHA questions regarding JRFH and HFH events.



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

INNOVATIVE IDEAS

1. Make it a WHOLE school event – include students, teachers, administration, parents and community
2. Encourage On-line fundraising
3. Search for companies that match donor's gifts www.matchinggifts.com/AHA
4. Establish Club Memberships (examples)
 - \$30 – Lifesaver Club (display personalized Lifesavers on bulletin board)
 - \$50 – T-Shirt Club (sign coordinator's event shirt)
 - \$100 – Century Club (sign gym banner)
 - \$200 – Pace Setters Club (receive Subway gift card)
5. Ask students to bring change – “Change Changes Lives”
 - Concentrate on theme of helping others / community service
 - Eliminate the envelopes and the thank you gifts
6. Establish School / Classroom Goals with rewards
 - Playtime at the park
 - Teachers' Talent Show
 - Movie & Popcorn Night
 - Lock-In: after school until 9 p.m.
 - Extra Recess
 - Free day in physical education
 - Top student(s) become “PE Teacher for the Day”
 - Win 1 hours of Open Gym with 5 Friends (\$10 = Name in drawing)
7. Invite Local Celebrities
 - Heart Survivor
 - High school players
 - College players
 - Mayor
 - School Board members
8. Schedule around other fundraising events at your school / in your community
9. Incorporate Teacher's With Heart
10. Conduct events prior to your JRFH / HFH
 - Pop-A-Shot at Open House, family fun night, sporting event, school carnival...
 - Musical Hoops at halftime
 - Parent's Day Out (great pre-Christmas event for parents)
11. Establish Contests
 - Kansas University vs. K-State (Julie Webb has mastered this one!)
 - Top Class Top Grade Level Top Students
 - Teachers vs. Students
 - Most On-Line Funds
 - Greatest Distance = “Distance Counts”
12. Establish a Fundraising Record Board
 - Top Fundraiser / amount / year
 - Top Class / amount / year
 - Top Teacher / student participation / year (Top Teachers receive JRFH / HFH t-shirts)



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

HOOPS FOR HEART STATIONS <> Incorporate basketball skills with heart-related exercises

1) BALL HANDLING

- Around the Waist
- Around 1 leg
- Around 1 leg; Around 2 legs
- Body Wrap (head/waist/knees/ankles)
- Figure 8 Front/Back
 - Ball starts between knees
 - Hands move from front of knees to back of knees
 - Ball remains between knees
 - Option: Allow ball to drop/bounce 1x
- Side/Side
 - Ball starts between knees
 - One hand starts in front of knees; the other starts behind
 - Hands move around the outside of the knees
 - Ball remains between knees
 - Option: Allow ball to drop/bounce 1x
- Quick Hands
 - Ball starts at waist behind back
 - Object is to drop ball, clap in front of body and then catch before the ball bounces



2) DRIBBLING – right hand / left hand

Stationary:

- Around 1 leg
- Figure 8
- Around the legs while performing sit ups
- Quick Hands “V”
 - Stand with feet shoulder width
 - Start with ball at waist level
 - Bounce 1x from front to back = “V”
 - Catch ball behind body
 - Repeat from back to front = “V”

Movement:

- Speed Right Speed Left
- Cross-over
- Forward Backward
- Zig Zag

3) PASSING

- Chest
- Bounce
- Overhead
- Wall
- 2 Line



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

4) SHOOTING

- Right-handed lay-up
- Left-handed lay-up
- Low block
- Free throws (adjust distance for age/level)
- TOP GUN
 - Team vs. Team for baskets made during set time
 - Each player on each team has his own ball
 - Every player shoots at the same time
 - Each team player selects shot location
 - Scorekeepers count number of baskets made
- Around the World
 - 7 shot locations:
 - Low Block, Mid Block, Elbow---right side
 - Free throw
 - Low block, Mid Block, Elbow---left side



5) GAMES

- 3-on-3 Tournament or 5-on-5 Tournament
 - Bracket play
 - Round-Robin format
 - Intermix grade levels
 - 7th grade vs. 7th grade format
 - Winning team earns right to challenge Faculty/Staff
- Musical Hoops
 - Use pre-recorded music to play this adapted form of Musical Chairs
 - Use hula hoops instead of chairs
 - While music plays, players dribble around circle of hoops. When the music stops, players dribble into an empty hoop.
 - Remove a hoop after each round of play.
 - Options: Dribble during music. When music stops, players must make a basket before dribbling to an empty hoop.
- Free Throw Shooting
 - Options:
 - Number of free throws made in one minute
 - Number of free throws made from 20 attempts
 - Distance can be shortened for age / level of players
- Knock Out
 - Players form a single line. First two players have basketballs.
 - First player shoots. If he is successful, he retrieves the ball, hands it to the third player and goes to the end of the line. If the shot is missed, the first player must rebound and try to make a shot before player two makes his shot.
 - The second player in line can shoot as soon as the first player has shot. Player two can "Knock Out" player one by making a basket before player one.
 - Each shooter is responsible for retrieving his ball.



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

- Three Point Shooting
 - Number of three point shots made in one minute
 - Use rack/cart of basketballs
 - Shot location = anywhere behind three point line
- HOT SHOT Blitz
 - Location of made basket determines point earnedExamples:
 - Low block = 1 pt.
 - Middle of lane and Wing = 2 pts.
 - Baseline = 3 pts.
 - Free throw and Elbow = 4 pts.
 - Three point = 5 pts.
 - Spots are placed on court at predetermined locations
 - Player has 1 minute to shoot from any spot
 - Points awarded based on location of each made basket
- Wheel of Fortune
 - Set up court similar to Hot Shot Blitz
 - Shot spots must have a Color and Point value
 - Players are divided into two teams
 - Use a Twister spinner to determine from which spot the first player from each team will shoot
 - Players are allowed only one attempt
 - Each made basket is awarded the corresponding point value
- Scooter Basketball
 - Players use scooters.
 - Large trash can are used for baskets.
 - Extra team members line side lines; receive passes from scooter players during game.
- Crazy Shooting
 - Backwards free throw
 - Shooting with eyes closed
 - Granny Shots
 - Spin for count of 10 and then shoot
- Dribble Relays
 - Use cones to establish course
 - Team vs. Team
 - Number of times team completes course in set time



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015



LONG ROPE SKILLS and GAMES

ENTRY:

- Front Door
 - Rope hits floor and rises AWAY from the jumper
 - Jumper stands next to one twirler's shoulder
 - Exit on opposite side at a diagonal
 - Jumper turns corner to position himself for next front door entry
 - Figure 8 pattern is formed with entrances and exits
- Back Door
 - Rope hits floor and rises TOWARD the jumper
 - Jumper stands next to one twirler's shoulder

SKILLS:

- Basic
- Frog Hops
 - Jumper performs Frog Jumps over the turning rope
 - Skilled jumpers can enter & exit the turning rope using Frog Jumps
- Crab Jumps
 - Jumper performs Frog Jumps over the turning rope
 - While in this LOW position, the jumper switches to the CRAB POSITION and continues jumping the turning rope
- High Waters
 - Twirlers count 3 basic jumps before raising the rope height
- Red Hot Chili Peppers
 - Twirlers say, "Red, Hot, Chili, Peppers," before turning rope fast
 - Jumper completes 4 basic jumps before speed jumping
- Hot Water
 - Combination of High Waters & Red Hot Chili Peppers
 - Twirlers count 3 basic jumps before changing rope height/speed
- Egg Beater
 - Requires 2 long ropes placed in a cross pattern (+)
 - Requires 4 twirlers
 - BOTH ropes must be turned TOWARD the jumper for front door entry AND contact the floor simultaneously.
 - Jumper enters when he hears ropes hit floor
 - It is important that the jumper remains in the center of the turning ropes. Both ropes twirl under the jumper's feet.
 - Variations: Add more than one jumper. Incorporate the Frog Hop.

GAMES:

- School
 - 2 twirlers and 1 jumper
 - Kindergarten = run through – no jump
 - First Grade = 1 jump and exit
 - Second Grade = 2 jumps and exit
 - Jumper begins at the class where he missed



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

- Fox and Hound
 - 2 twirlers and 2 jumpers
 - 1 jumper is the Fox; the other the Hound
 - The Hound chased the Fox in the Figure 8 pattern
 - Rope must be jumped each time ---- no run-throughs



GROUP SKILLS:

- Team Entry
 - 2 twirlers and 3 - 4 jumpers
 - Jumper #1 enters rope and is joined by Jumper #2.
 - Jumper #3 and then #4 join in to form the Team Entry.
 - When Jumper #4 has entered, he yells "OUT" to signal that each jumper may exit
- Quick Entry
 - 2 twirlers and 4 jumpers
 - Quick means that a new jumper enters each time the rope turns
 - Jumpers enter, jump 1 time, exit, and turn corner to complete figure 8 patterns.
 - As jumper 1 exits, the jumper 2 enters.
 - Quick entry/exit pattern continues.
 - When jumper 4 leaves, jumper 1 enters.
- X-Entry
 - 2 twirlers and 5 jumpers
 - Prerequisite for this skill is Quick Entry.
 - Jumpers position themselves in two groups for a front door entry.
 - The first entrant is jumper 1 from the group with 3 members
 - A jumper from alternative sides enters each time the rope hits the floor.
 - The alternating entrances create an X, the name of the skill.
- Double Dutch
 - Requires two long ropes held in each hand by the twirlers
 - The arm position and turning motion is the same as for the single long rope
 - Alternate the left and right hands inward toward the midline of the body
 - While turning, both twirlers must keep their thumbs up, their elbows close to their bodies, and they must not overlap their hands

BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

CHINESE JUMP ROPE

Rope: Nine to twelve feet elastic band

Can be purchased or made by tying the ends of waistband elastic to make a circle

Rope Holders: Both students stand inside and place the Chinese rope at ankles.

The holders should be far enough away from each other that the rope does not look like a wet noodle.

When two feet are used, they should be at least shoulder width apart.

Rope Heights: Levels 1 – 4

Rope must begin at Level 1 = ankles

Rope does not move to Level 2 unless the correct pattern is completed.

Level 1 = ankles

Level 2 = calves

Level 3 = knees

Level 4 = mid-thigh

The rope is moved up to the next level if the jumper successfully completes the jump pattern.

If the jumper is not successful, the jumper is out and must give up his/her turn.



Switching Holders:

Rope must be lowered to Level 1 – ankles before attempting to switch.

New holder stands inside the rope with legs wider than shoulders.

Current holder carefully removes one foot from the rope, then using this free foot, he steps on the rope to remove his second foot.

- Remember----always return the rope to level 1 before switching.

AMERICANS

Count: 1–2–3–4, in, out, in, on

1. Straddle
2. Straddle
3. Straddle
4. Straddle
5. In
6. Out
7. InOn

Straddle = one foot inside rope / one foot outside rope

Jumping movement is side-to-side.

If the right foot is inside rope, the left foot will be outside.

When the correct straddle jump has been completed, the jumper will have moved to his right side resulting in right=outside / left=inside.

In = jump landing with both feet inside rope

Out = jump landing with both feet on opposite sides of rope

“Out” Variation: jump landing with both feet apart while remaining inside the rope

On = jump landing with one foot on each rope

(Penguin feet landing with toes pointing outward)



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

DIAMONDS

Count: N-a-m-e or D-i-a-m-o-n-d-s, in, out, in, on

Each holder uses only one foot.

Jumper stands outside the rope and uses foot closest to the rope to form his diamond.

The diamond is formed when the jumper lifts the closest side up and over the far side.

Each jumper spells his name or diamonds while jumping and making a ½ turn inside the diamond.

Jumper should be facing the enders on each turn.

The final 4 jumps =

Together (inside the diamond)

Apart (inside the diamond)

Together (inside the diamond)

On (both feet jump up & out of the diamond to land on both ropes)



ICE CREAM CONES (PIZZA SLICE)

Count: 1-2-3-4, in, out, in, on

Uses the same jumping pattern as the American; however, the jumper uses a zig-zag movement pattern.

Rope is held differently.

One holder = two feet 2nd holder = 1 foot

The rope forms a triangle (ice cream cone/pizza slice).

Jumper begins at the small end of the cone (by the 1 foot holder).

While doing the 4 straddle jumps, the jumper zig-zags from the bottom of the cone to the top so that when the final 4 jumps are completed, the ice cream/pizza toppings can be placed on the top.

Level 1 – 1 scoop of ice cream / 1 type of pizza topping

Level 2 – 2 scoops of ice cream / 2 types of pizza toppings

CHINESE

Count: 1-2-3-4, in, out, crisscross, on

1. Straddle
2. Straddle
3. Straddle
4. Straddle
5. In
6. Out
7. Crisscross
8. On

This game is similar to the game of Americans until jump #7.

For this jump, the jumper jumps up and crosses and uncrosses the feet.

(The rope is between the feet during the crisscross)

Finally he jumps and lands with each foot on each rope



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

The Top Five Strategies for Success

#1) MAKE IT A WHOLE SCHOOL COMMUNITY EVENT

(Include Students, Teachers, Administration, Parents, and Community)

Benefits/Value:

- Increases the number of students who can potentially fundraise (Students)
- Creates total school support, greater appreciation for the coordinator's efforts, and strengthens relationship with the AHA by getting Teacher and Administrative Buy-In (Teachers & Administration)
- Provides support to the coordinator in planning and executing event (Parents)
- Creates synergy at home that allows parents to promote the program with their family and their immediate network (Parents- Opportunity to engage family in healthier lifestyle (Students & Parents))
- Creates awareness and passion throughout the community (Community)
- Opportunity for sponsorship dollars (Community)
- Unifies school and serves as a constant reminder that the event is taking place at their school (Students & Teachers)

Recommended Tactics:

- 100% envelope distribution either by home room teachers or the PE teacher (Students)
- School wide kick-off for students teachers and parents (Students, Parents, & Administration)
- Hold kickoff for teachers at a staff meeting to address timelines, incentives and delegate teacher responsibilities and have AHA staff attend the meeting
- Provide principal with additional information and resources
- Ask teachers and principals to collect donations also and participate in exercise and healthy living habits
- Form parent committees to delegate various tasks such as: event day responsibilities, turn ropes, money counters and refreshments
- Send home parent letters and/or newsletters with frequent updates to keep families informed
- Send home family fitness logs to encourage families to get healthier together
- In-Store Promotions: Store front window announcements, statement / payroll inserts, marquee displays
- Request in-kind donations for raffles, donations (i.e. door prize, participant awards)
- Apply for grants and matching gifts (Wal-Mart, etc.) Encourage parents to apply for matching gifts from their employers for their personal donations
- Incorporate JRFH/HFH into other classrooms such as English - essay contest, Math - money counting exercises, Music - songs about the heart, Art - heart poster contest, etc.
- PA announcements and displays of posters; use of the school marquee

#2) PROMOTE ONLINE DONATIONS (Online Fundraising)

Benefits/Value:

- Provides an additional fundraising opportunity
- Recognizes the tech savvy in school
- Introduces user to other AHA resources and programs
- Decreases accounting. Ensures donations are collected and received by AHA.
- It is an EASY way to ask and receive donations.



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

Recommended Tactics:

- Pre-promote and demo to faculty
- Create lesson plans to coincide with classroom demo
- Set goals (i.e. # of emails sent, # of lives touched with AHA mission, dollars raised, etc.), challenges and offer incentives/recognition
- YMD send out reports to coordinators with updates on progress

#3) SCHOOL INCENTIVES (Including Classroom Competitions and Full Student Participation)

Benefits/Value:

- Generates increased excitement and awareness of the event.
- Serves as additional recognition at little to no expense.
- Opportunity for students to set individual goals to achieve the greater school goal

Recommended Tactics:

- Recognition Club Levels -- \$50 T-shirt club, \$100 club, \$150 club with incentive party (i.e. fruit smoothie party)
- Participation-Based Competition - 1) Banner Competition: Classroom with highest participation get the JRFH / HFH banners to hang on classroom door (& students sign banner); or 2) extra P.E. classroom time
- Coach's Challenges -- If school goal is met coordinator does crazy stunt (i.e. pie in the face, shave head, dye hair, dunking booth)
- Create competition and high level recognition between schools in territory (i.e. countywide traveling trophies, newsletter recognition)

#4) TEACH KIDS HOW TO RAISE FUNDS

Benefits/Value:

- Eliminates risk of door-to-door collections
- Increases pool of potential donors while alleviating the problem of students only asking their parents for donations
- Gives kids the confidence to ask people for donations since they are given the tools on how to do so
- A well-versed student asking for donations will be helping to increase awareness of the AHA mission throughout the community

Recommended Tactics:

- Prepared Silly Skits on Raising Money -- "What not to say vs. What to say" to be presented at an assembly
- Addressing this topic at every goal planning meeting and share sample scripts
- Create list of potential people to approach (aunt, uncle, co-workers, and church)

#5) RAISE AWARENESS OF the AHA MISSION

Benefits/Value:

- Creates passion and enthusiasm throughout the school and community
- Strengthens the bond between the AHA and the volunteers
- Increases understanding of devastation of heart disease and stroke by children and the community
- Brings to light AHA's efforts to overcome childhood obesity



BASIC TRAINING: JUMP and HOOPS FOR THE NOVICE

Brenda Sharp bsharp@goddardusd.com



SHAPE America 2015

Recommended Tactics:

- Memory Wall -- Can use provided template, or create a template where students hand them out to donors
- Survivor or Heart Hero Speaker --Can videotape speech and burn to DVD to distribute or recognize Heart Hero survivors in their own school
- Kid-friendly Heart Education -- Heart facts in the morning during announcements, Did you know?, Decorative hearts with heart info on display at school
- Provide coordinator with survivor stories that could be shared with the school

