

It Takes Heart to Be a Hero Song



Promoting American Heart at the University Level



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Metro State Jump Rope for Heart



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Children's Health & Physical Activity

Childhood obesity is now the No. 1 health concern among parents in the United States, topping drug abuse

- About one in three children and teens in the U.S. is overweight or obese.
- Overweight kids have a 70–80 percent chance of staying overweight their entire lives.
- Almost one in four children do not participate in any free-time physical activity.
- Many under privileged families have less access to health clubs, sports facilities or organized sports leagues for children.



Obese children
have the
arteries of a
45-year-old

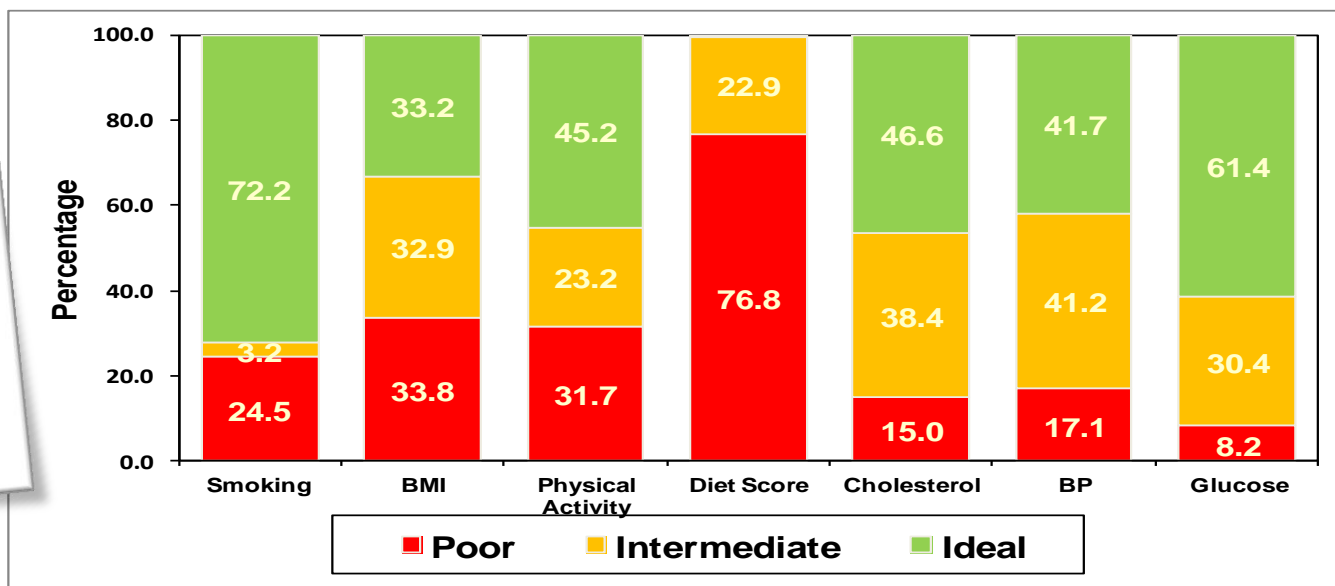
This generation of children may be the first in US history to live a shorter lifespan than its parents

The Problem

- Cardiovascular disease is the No. 1 killer of Men and Women in American
- Nearly 1 in 3 children and teens in the U.S. is overweight or obese
- Less than 1% of Americans are in “ideal” cardiovascular health.*

*As defined by being in the ideal range for the seven health measures of the AHA’s Life’s Simple 7.

Prevalence of Cardiovascular Health Factors in U.S. Adults



What's the cause?

- **The typical American child spends about 44.5 hours per week using media outside of school.**

(Generation M: Media in the Lives of 8-18 Year Olds. Menlo Park, Calif.: Kaiser Family Foundation, 2005)



- **6 out of 10 children ages 9-13 don't participate in any kind of organized sports/physical activity program outside of school, and children whose parents have lower incomes and education levels are even less likely to participate. Nearly 23 percent don't engage in any free-time physical activity.**

(Physical activity levels among children aged 9-13 years – United States, 2002. MMWR 2003;52[33]:75-8)

Why is childhood obesity an issue?

- *Most obese children already have **at least one other major risk factor** for cardiovascular disease, such as high blood cholesterol, high triglycerides, high insulin or high blood pressure. These risk factors were previously found mainly in adults, not children.*

(Freedman DS, Dietz WH, Srinivasan SR, Berenson GS. The relation of overweight to cardiovascular risk factors among children and adolescents: the Bogalusa Heart Study. Pediatrics 1999;103:1175-82)



The Solution... where do we start?

American Heart Association's Mission Statement

Building healthier lives free of cardiovascular diseases and stroke.



2020 Impact Goal

Improve the cardiovascular health of ALL Americans by at least 20%, while reducing deaths from cardiovascular diseases and stroke by 20%.

Educational Programs for our Youth

Jump Rope for Heart

35 Years

Hoops for Heart

15 Years

Teaching students the value of giving to help those affected by Heart Disease and Stroke while educating the community on how to make small changes to be healthier.



Benefits of partnering with the AHA

- Free Online Membership to AAHPERD
- Discounted Entry Fee for the COAHPERD Convention in the fall
- NASPE approved Lesson Plans with Health, Wellness and Physical Activity components
- A fun and impactful event that you can make special for your school
- The opportunity to earn US Games Gift Certificates to buy new PE equipment based on how much your school raises
- Education and Promotion for Physical Education in your community and at your school
- The chance to Educate children on Heart Disease and Save Lives!

Websites

- <http://www.youtube.com/watch?v=LpBOepCtdJ4&feature=youtu.be>
- <http://www.youtube.com/watch?v=wF-bZnA-S6w>
- Be a Heart Hero
- How to register online

ASSIGNMENT/CONTEST

Assignment due on Wednesday May 8th

1-Form groups of 3-5 people

-Groups should be as equal as possible within the class

2-Collect Donations individually

-Each person in the group is responsible for signing up online

-Send at least 10 emails

-Go to www.heart.org/jump → “Metro” → CO → Join Team.

3-Create a Jump Rope for Heart Station

-This station should be explained to the class in 1 minute

-Stations must have all students moving most of the time

-Groups will rotate through all stations (5-6 people at a time)

Is This a Good Activity?

Scale:

- = *Clearly evident throughout the entire game/activity*
- = *Evident most of the game/activity*
- = *Evident occasionally during the game/activity*
- = *Not evident at all during the game/activity*

• **Criteria:**

Students had maximum opportunities to practice	1	2	3	4
Game was generally safe	1	2	3	4
Clearly focused on skill development	1	2	3	4
Encouraged a high quality of appropriate practice	1	2	3	4
Allowed for high rates of success	1	2	3	4
Encouraged students to make choices	1	2	3	4
Enjoyable to children of all abilities	1	2	3	4

EXTRA CREDIT!!!

10% grade change to an exam for each person in the group with the most points!!

Points will be determined for the following items:

- Most donations received (as a group) The most fun station
- Most emails sent out (as a group) The most unique station

	FUN Votes	Point	UNIQUE Votes	Point	# Emails	Point	Dollars	Point	TOTAL POINTS	FINISH PLACE
Boulder	3	4	3	5	123	4	\$175	4	21	1
Adams 12	2	3	1	1	75	1	\$65	2	8	5
DPS	2	3	3	5	80	2	\$50	1	13	4
Cherry	1	2	2	3	210	5	\$205	5	18	2
Aurora	4	5	1	1	110	3	\$420	3	17	3

Thank you from Mia!



My family calls me Miracle Mia because I have a very special heart. I've survived two heart surgeries and lots of visits to the hospital. Because I was born with Tetralogy of Fallot, I had to stay in the hospital for a long time when I was little. I will always have to visit my cardiologist for check-ups and I'll need more heart surgeries as I grow bigger. I love being active with my big sister. We swim, jump on our trampoline, ride bikes and camp with our family.

I am very thankful for all the Heart Heroes who participate in these events. I know that there are a lot of people who care and want the best for kids with special hearts.

Ways to teach kids how to jump rope.

- Lay jump rope on ground and let children explore by practicing jumping over it landing on other side with success
- Put streamers on end of rope and extend rope at a selected height in the air.
Let the children jump up at try to reach the streamer with their hands.
- Lay a rope down as a measure and have children practice jumping as far forward as they can again measuring with the jump rope that is extended on the ground.

- Use a rope with streamers or another object held by two students or suspended along a wall or other strong object. Let children practice jumping over this at low heights. Practice jumping on one foot and two feet, as well as landing on one and two feet.
- Place masking tape on wall near area where kids will jump, attempting to practice jumping as high as possible in preparation for jump roping.
- Place hoops around gym area and have kids practice jumping over the hoops and coming to a stop position upon landing. This will help teach the kids to absorb the landing in a soft manner. Also have children use swinging of arms to power up during jump phase.

- Have children jump to a song, practicing jumping in a cadence as they will with jumping rope. They will all try jumping to a particular cue or sound, then all try landing at the same time, keeping a consistent rhythm or cadence.
- Starting with groups of three, have two children hold rope on either end, with one jumper in the middle. The two on the end will start swing the rope with the jumper attempting to get the timing down. The children will rotate often to each get a chance.

- Children can attempt to hold their own rope, swinging while trying to get the jumping cadence down. #5 - have them work on jumping over and back over a rope or line on the floor.
- Jump over a sneaky snake rope - one that is being moved along the ground.
- Jump over a low height object - such as a dome cone.

- Put rope in hands and have them bring it over but stop rope at their feet first, then jump.
 - bring rope over and try to jump 2 times in a row, with stopping rope at feet first and then jumping.
- - bring rope over and jump w/o stopping.

AHA Website info – posted on BBL

- **Parent Letter**
- **Heart Power Letter**
- **'HeartQuarters Resource Guide - helpful tips and cool tricks'**
- **Heart Healthy Facts & Tips for Morning PA Announcements**
- **Planning at a Glance**
- **Sample Staff Letter**
- **School wide incentive ideas**

Jump Rope for Heart Group Assignment:

Activity Name: Happy Hearts



Directions: Students will walk around the heart and stop at three stations. Station 1 Nutrition: At this station students will make decisions on healthy eating by looking at pictures and picking healthy food to eat. There will be pictures that make your heart happy and pictures that make your heart sad. Station 2 Exercise: Students will make decisions about exercise. They will choose the pictures that make the heart happy and try the exercise. There will be pictures that make the heart happy and sad. Station 3 Behavior: Students will look at pictures of both good and bad behavior and choose the pictures that make the heart happy. There will be pictures that make the heart happy and sad. Students will move from station to station by walking three ways High, Middle, and Low. At the end of the activity students will have a better understanding of what makes their Heart Happy.

Objectives:

Psychomotor: TSWBAT walk in a line high, middle, and low from station to station and along the way have to jump over obstacles in their way during the Happy Hearts activity.

Cognitive: TSWBAT choose between what makes their heart happy instead of sad at each of the stations Nutrition, Behavior, and Exercise with their group during the Happy Hearts activity.

Affective: TSWBAT work together in their group without having any negative attitudes or actions during the Happy Hearts activity.

Equipment Needed 3 jump ropes, pictures of what makes the heart happy and sad for each station (Nutrition, Behavior, and Exercise), poly spots, cones, stickers.

Space Needed: grassy area or basketball court

Duties:

Names:

Tim C. Matthew, and Kia will all have a group of kids to walk around the heart to each station. Tim will gather pictures for exercise station, Kia will gather pictures for the behavior station, and Matthew will gather pictures for the nutrition station.

Possible activities

- **Heart Attack Tag**
- Cards are handed out randomly to several students. If you have a card you are a tagger. Each card has a risk factor for heart disease written on it as well as a fitness activity. If you get tagged you get the card and have to complete the fitness activity before you can tag someone else. If you are not moving your feet during the activity, you will be tagged by the teacher with a sedentary lifestyle risk factor and will have to complete 2 laps around the playing area.



Kindergarten – First Grade Stations

- Tape 4 parallel lines or ropes on floor – students jump across lines with both feet, then one foot
- Students pick a partner, then they turn rope to rhythm of music
- Jumping Jacks
- Single rope jumping – each student with own rope.
- Put handles of rope in cone – high and low – jump over one and crawl under other
- Hula Hoop Jump – or jump from spots labeled A-B-C-D or 1-2-3-4
- Mini-trampoline station or Skip-it station
- Pulse (just to feel pulse in neck)
- Heart Healthy Snack Station/Water Station – pretzels, grapes, apple slices, popcorn















Nutrition



Directions:

- there will be two taggers "junk food" with a colored jersey on
- everyone else are healthy students
- if tagged by "junk food" they have to do 5 jumps to get back in the game



Objectives:

Psychomotor: TSWBAT Move in free space during a game of tag by moving to open space and avoid running into their classmates.

Cognitive: TSWBAT Count to 5 while they are jumping by using numbers.

Affective: TSWBAT Tag appropriately using two fingers during the junk food tag game.

Equipment: Six red cones

Space Needed: field

Duties: Rob described lesson, Tim handout jerseys, Dominique explained safety rules, Mark show proper jumping form, All students are given positive specific feedback by all teachers

Names: Rob, Tim, Mark, Dom









Year	Year	Year	Year	Year	Year
1988	1989	1990	1991	1992	1993
1994	1995	1996	1997	1998	1999
2000	2001	2002	2003	2004	2005
2006	2007	2008	2009	2010	2011
2012	2013	2014	2015	2016	2017

HOME 88 PERIOD AWAY 88

Men



Activity Name: Artery Race Challenge

Directions: Using 2 noodles we will show the kids what a clogged “artery” would look like, versus an unclogged artery. We will do this by pouring water down each, showing that an unclogged artery will let the water flow through it, whereas the clogged one won’t. We will then split the class in half and one-at-a-time each student on the 2 teams will skip down to the hula hoop, grab a picture of either a healthy food or an unhealthy one and bring it back. They will then have to decide if the food is one that will clog the artery or not.



Directions: All students standing in two lines in front of two different hoop lines. Hoops will be laid out on the ground, 4 in a square and then 2 standing, then 4 in a square and then 2 standing. At the end of the line there will be to sock em' bop em's with two pictures taped to them. The students goal is to hop or jump from hoop to hoop on the ground and leap through the center of the hoops that are standing upright, at the end they will knock out the bad food choice and take the good food choice back to the start line to be able to share with their classmates.





Stack 'em Up

- You need one long rope and a group of children. Jumpers form one line to enter the rope near one of the turners. With each turn of the rope, another jumper is added. The jumpers must crowd together to make room for yet another jumper. The game is over when there is a miss. The idea is to call out the number of jumpers as each new one is added, trying to beat that number each class time.

Ideas

- Trace their outlines onto construction paper and locate the heart on the drawing
- Learn some jumping rhymes
- Alphabet Soup: have the students form letters, numbers and shapes with their jump ropes and their bodies

Math Ideas:

- 1. Jumping Jack Flash (taken from a CCEPE conference- sorry I don't remember who did it.)
- Equipment: None
- Use: Opener , Closer or Fitness Activity
- Two students face each other in the center of the gym. They do a jumping jack and say a. jumping (feet apart) - b. jack (feet together) c. Flash - show from 0(fist) to 5 on their hand with palm down. The two then add up the two numbers and the first one to call out the answer must turn and run to their line behind them before the other one catches them.
- Variations: Subtract one from the other, Multiply (upper grades)
- Play game to 5 points- 1 pt for making to line safely or 1 point for tagging partner. Then find a new partner or switch after time limit.

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