



FAO
PE TEACHER



Jump Rope For Heart

Registration Form



**British Heart
Foundation**



BHF National Centre
physical activity+health



supports Jump Rope For Heart



What is Jump Rope?

Jump Rope For Heart is the British Heart Foundation's (BHF) popular sponsored skipping challenge, which raises money both for the heart charity and your school or group. It takes its name from the American term for skipping - jump rope.

Taking part in the challenge encourages healthy habits and shows children that keeping fit can be fun. Experts agree that learning how to care for your heart from an early age is the best way to prevent future heart problems.

During the last sixteen years, over 20,500 schools and youth groups have registered. This has raised over £6.6 million for the BHF's work, and participating groups have benefited to the tune of over £2.2 million.

Flexible Fun:

- Fits all key stages of the national curriculum in Physical Education
- Is inexpensive, requires little space or time and provides many opportunities to be creative and to learn new techniques
- Totally flexible - children can skip on their own, with a partner or as a group. You can choose to involve just a few classes, or the entire school - staff and parents included!

Everyone's a Winner

Suitable for Primary and Secondary schools, youth clubs and groups organising children's activities.

Schools/groups may keep 25% of the money raised and the Skipping Kit (containing equipment worth over £100).

Staff have an exercise routine that is easy to organise plus supporting Teacher's Pack.

Children are encouraged to exercise their hearts and co-ordination skills and it's great fun too!

BHF - 75% of the money raised goes towards the charity's fight against heart and circulatory disease.

Free Skipping Kit:

- 30 brightly coloured skipping ropes (more skipping ropes can be ordered)
- 2 Double Dutch ropes (4 metres in length)
- Step-by-step fundraising manual
- Skipping dice game
- Jump Rope For Heart T-shirt (more T-shirts can be ordered)
- Sponsor forms.

Teacher's Pack:

- A comprehensive Primary or Secondary school Teacher's Manual
- Music CD.

Jump to It!

Use the form on the back page to register. The BHF will send you a free Skipping Kit (containing equipment worth over £100) and full instructions on how to organise a fun and successful skipping event.

Each child that participates in a "Jump Off" will receive a badge or a certificate.

Each child raising over £50 will also receive, dependent on age, a bright trendy Jump Rope For Heart backpack or a cool record bag.



What's Involved?

Once skipping skills have been mastered a sponsored event is held called the "Jump Off". It can involve teams of up to six children and is tremendous fun. The skippers are sponsored for every five minutes their team jumps rope, up to a maximum of three hours.

Seeing is Believing

Many schools have their own Jump Rope For Heart demonstration teams. These teams perform in local schools and conduct workshops for interested children. To find out more or to set up a team of your own, please contact:

BHF Jump Rope For Heart Co-ordinator
Tel: 01509 262 925

Fighting Heart Disease

Heart disease is the UK's single biggest killer. Heart disease can affect men, women and children of all ages.

The BHF helps fund research into heart and circulatory disease, funds vital life saving equipment, educates the public and health professionals about heart disease, trains and funds specialist nurses, and encourages support groups to help patients regain their health and confidence.

The BHF is a registered charity and relies on public donations and fundraising events like Jump Rope For Heart to continue its vital work. Your help is really appreciated.

Educational Resources

The BHF produces a wide range of materials for schools and young people. To request a Kids' and Schools' Catalogue for our full range of educational resources, call 01604 640 016.



Jump Rope For Heart Registration Form

Before holding a "Jump Off" at your school, you are required to register using this form. Please complete, in **BLOCK CAPITALS**, and return this form today. We'll send your free Skipping Kit (containing over £100 worth of equipment) as soon as possible.

****** In order to process your registration these details **must** be included.

Questions? Call 020 7487 7149

Name of school/group******

agrees to organise a sponsored "Jump Off" on behalf of the British Heart Foundation.

I anticipate organising the event during the month of******

(please allow at least **4 weeks** for you to organise your event and raise funds)

at (venue)******

Type of school (please tick)******

primary ☐ middle ☐ secondary ☐

Type of children's group if not a school and age-range (please specify both)******

Please send the free Skipping Kit and further details about the scheme to:

Full name Dr/Mr/Mrs/Miss/Ms******

Job Title******

Address of School/Group******

Postcode******

Daytime Telephone No.******

Evening Telephone No.

How many sponsor forms should we enclose in your Skipping Kit?******

100 ☐ 200 ☐ 300 ☐ Other quantity (please specify) _____

Does your school have a Jump Rope demonstration team?

Yes ☐ No ☐

Would you be interested in receiving information about organising a demonstration team?

Yes ☐ No ☐

Would you be interested in attending a Jump Rope workshop if one is available in your area?

Yes ☐ No ☐

How many times has your school taken part in Jump Rope For Heart? (please state, eg once)

Where did you hear about Jump Rope For Heart?

Would you be interested in receiving information about our National Skipping Festival next spring?

Yes ☐ No ☐

Declaration: I understand that if the "Jump Off" event is not held before the end of the 2004/05 school year due to unforeseen circumstances, the sum of £80 shall be paid to the British Heart Foundation. This is not an offer for sale of the equipment as an alternative to holding a "Jump Off." I have obtained the agreement of the Head Teacher for our school to participate in Jump Rope For Heart.

Co-ordinator's signature******

Co-ordinator's name******

Date******

Please return this form to

Jump Rope For Heart, National Events Department, British Heart Foundation, 14 Fitzhardinge Street, London W1H 6DH.

What happens to your personal information

Thank you for agreeing to take part in our Jump Rope For Heart initiative – we hope you and your pupils enjoy the event and you will support us again in the future. We will use the information on this form for administration purposes. We may also send you details* about next year's Jump Rope For Heart initiative and possibly information about some of our other events that might interest you. If you would NOT like to hear about next year's Jump Rope For Heart initiative or our other future events, please tick the box ☐ MP25

We may also contact you* with news and information about the BHF's charitable work (eg how your money is spent, heart health information) and related products and services from our subsidiary companies such as Christmas gift catalogues. Please tick the box if you do NOT want to hear from the BHF in this way ☐ MP38

Occasionally the BHF may pass on your details to carefully selected third party organisations we are working with, for them to send you* information on their events, products and services. Please tick the box if you do NOT want your details passed on in this way ☐ MP02

*by letter, telephone, fax or e-mail



March 2005

PO Box 62
Attleborough
NR17 2WY

Tel/Fax: 01953 450210
Email: clabburnb@bhf.org.uk

Dear Head Teacher / P. E. Co-ordinator

JUMP ROPE FOR HEART WORKSHOP : THURSDAY 28 APRIL 2005
WATTON JUNIOR SCHOOL, BRANDON ROAD, WATTON

I am pleased to announce that we are running a Workshop for Teachers as part of our highly successful Jump Rope for Heart Campaign for schools in YOUR AREA.

Our Jump Rope programme has been carefully designed to fit neatly into the National Curriculum, lending itself not only to physical activity but also to healthy lifestyle and 'how your body works'. This is also an opportunity to raise funds for your school as well as the British Heart Foundation – see registration form enclosed.

The workshop will be at Watton Junior School, Brandon Road commencing at 4.00 p.m. and finishing around 6.00 p.m.

Leading the workshop will be Emma Boyle of the Department of Physical Education & Sports Science at Loughborough University. A brief outline of the programme is attached. Attendance is **FREE**.

For those wishing to attend, please complete the reply slip and return it to me at the above address, or telephone 01953 450210 or email me by **Tuesday 26 April**. Your place(s) will be confirmed and directions sent to you if needed.

Numbers are limited and to enable as many schools as possible to participate, usually no more than two places can be allocated to any one school.

This will be the only workshop in your area this academic year, so please take advantage of this unique opportunity and I look forward to hearing from you soon.

Yours faithfully

Brenda Clabburn
Area Organiser

JUMP ROPE FOR HEART – PRACTICAL SESSION

Introduction

Warm up
Single rope work; developing stunts and routines individually and in pairs
Skipping challenges; aerobic activity games and circuits
Two in One rope; ideas
Cool down

Jump Rope for Heart Information

Details on `Jump Rope for Heart`
2004/2005 Programmes and Teaching Packs
Information on how to register your school

As all participants will be involved in physical activity, it is essential that appropriate clothing and good footwear is worn

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Tear along line and return to:
(by **Tuesday 26 April 2005**)

Brenda Clabburn
BHF
P.O. Box 62
Attleborough NR17 2WY

Tel/Fax: 01953 450210
Email: clabburnb@bhf.org.uk

* Please reserve ONE/TWO places for the Jump Rope Workshop at Watton Junior School on Thursday 28 April 2005.

School/Group

Attendee's 1.

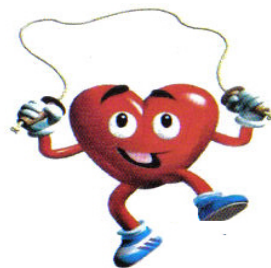
2.

Address:

.....

School Tel:

Email Address:



Want a great idea for a 'fun'draiser?

What about

JUMP ROPE FOR HEART?

(Skipping)

- ♥ Great fun
- ♥ Raises lots of funds for school and the BHF
- ♥ Promotes healthy living
- ♥ Totally inclusive
- ♥ Easy to organise
- ♥ Free resources

INTERESTED?

Come along to a Skipping Workshop to try it out.

WHEN? Thursday 28th April 2005, 4 – 6pm

WHERE? Watton Junior School,

WHO? Teachers (any age – honestly!!!)

COST? FREE!!

Contact: Kathryn Cox @ Watton Junior School
(01953) 881387 for more info.