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5<sup>th</sup> September 2003

Dear Head Teacher/ P.E.Co-ordinator,

**JUMP ROPE FOR HEART WORKSHOP**

**NORWICH ( Earlham High School ) THURSDAY 23<sup>rd</sup> OCTOBER 2003**

I have arranged a workshop to enable interested members of your staff to learn the arts of Jump Rope (skipping) so that pupils can be taught some skills of this very acceptable and worthwhile exercise. To quote schools already involved with the scheme: "The ropes have transformed the lunchtime nightmare into energetic fun" and "The kids just love it!"

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 general health and 'how your body works.' This is a wonderful opportunity to raise funds not only for the British Heart Foundation, but your school also.

The Norwich workshop will be held at Earlham High School, commencing 4.15 p.m. sharp and concluding 6.15 pm. The school is easily accessible just off the outer ring road, and close to the new Hospital & the UEA.

Christopher Brooker, JRFH Co-ordinator, Dept. of Physical Education & Sports Science, Loughborough University will lead the workshop.

For those wishing to attend (free of charge) please e-mail me, or complete the enclosed slip and return it to me at the above address, or telephone 01263 720136. If you need to leave a message on the answerphone, please give your name and school telephone number. I will confirm your booking.

Places 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 Norfolk this academic year, so please make every effort to attend. The Suffolk workshop is at Culford School, Bury St Edmunds on Wednesday 22<sup>nd</sup> October 4.15pm – 6.15pm and you may attend this workshop if you prefer.

Yours Sincerely,

Jack Welham  
Area Organiser.

Patron. **HRH The Prince Philip KG KT**  
President. **Sir Richard Lloyd Bt**  
Chairman of Council. **Sir Peter Morris PhD FRS FRCS**  
Director General. **Major General LFH Busk CB**

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## JUMP ROPE FOR HEART – PRACTICAL SESSION

**As all participants will be involved in physical activity, it is essential that appropriate sports' clothing and good footwear be worn (non marking trainers)**

APPROX 2 hrs

**Introduction** – The benefit and potential of skipping in schools

Warm up  
Single rope work; developing stunts and routines 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'  
2003/2004 programmes and Teaching Packs  
Information on how to register your school

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Please detach and return to:

British Heart Foundation  
PO Box 308  
Mundesley  
Norwich  
NR11 8WA

Please reserve ONE / TWO\* places for the Jump Rope Workshop at CULFORD / NORWICH\*

Print Name:.....

2<sup>nd</sup> Applicant:.....

SCHOOL Name:.....

SCHOOL Address.....

School telephone (inc. code).....

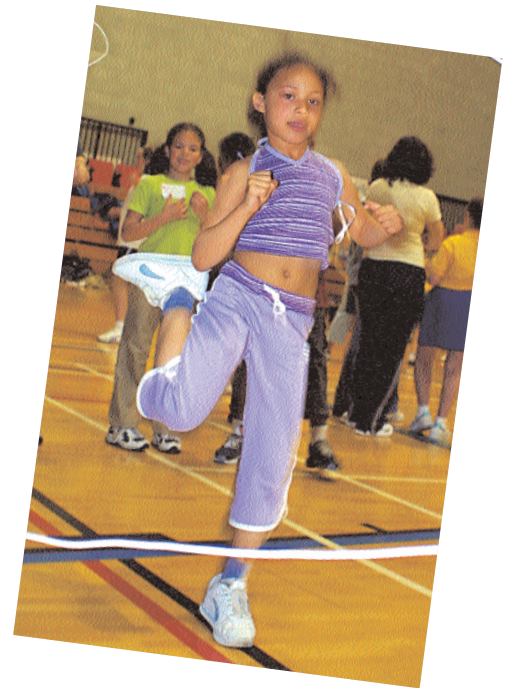
\* delete as appropriate

Registration Form 2003/2004



# 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 20,000 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 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**

### Snap Happy

Please send photos of your "Jump Off" event to the BHF for possible use in future Jump Rope For Heart publicity. Remember to include your name, the school and details of everyone pictured.

### 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, fund vital life saving equipment; educate the public and health professionals about heart disease and train and fund specialist nurses and support groups to help people regain 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

BHF produces a wide range of materials for schools and young people. For more details, please contact the BHF Education Office on **020 7487 7197** or visit our website at **bhf.org.uk**



## 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).

**Questions? Call 020 7487 7149**

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

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 **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 (please specify)

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

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

Address of School/Group **\*\***

Postcode **\*\***

Daytime Telephone **\*\***

Evening Telephone

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

50 ☐ 100 ☐ 200 ☐ 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 2003/04 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 which we hope will 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