



Presenting Partner



Make your Event Day a success with the Jump Activity Guide!

Welcome to your Jump Event Day Activity Guide – a comprehensive resource for creating an inclusive and memorable day filled with heart-healthy fun!

Every student who participates in Jump is valued and we're here to help you create an event experience where students of all ages and abilities feel welcomed and excited to join in on the fun and get their hearts pumping with both skipping and non-skipping activities. Heart & Stroke will provide a ropeless rope for students of differing abilities upon request.

Easy ways you can customize your school's Jump Event

Whether you run a half or full day of activities for your entire student body or have a Jump Event Week and celebrate during regularly scheduled gym periods, you can customize your school's event any way you choose!

Your Jump Rope for Heart event can be held in your gymnasium or you can take the fun outside. Inspire your students to get moving by printing and hanging our [Skipping Skills](#) posters to create activity stations. You can even encourage the older students to demonstrate their leadership abilities by running activity stations.

Most importantly, don't forget to have fun! Play our [Jump Spotify playlist](#) to get everyone pumped to participate. Take photos and videos of your activities and share them on social media using [#JumpRopeforHeart](#).

1. [Activities with a Rope \(p. 2\)](#)
2. [Activities without a Rope \(p. 3\)](#)



Activities with A Rope:

Free Skip

Have students practice skipping rope on their own or with a friend. Challenge them to skip as many times as they can without stopping, skipping backwards or skipping super-fast!

Single Long Rope or Double Dutch

Get two teachers or senior students to spin the rope/ropes while students line up to try to enter and skip. Sing fun songs while students skip!

Limbo

Ask two students to hold a skipping rope horizontally at shoulder height. Have remaining students line up and one at a time dance, shimmy or make their way under the rope without touching it. If they fall, touch the ground, or touch the rope, they're out. Gradually lower the rope.

Around the world

One student or teacher stands in the middle and spins the rope in a circle across the ground. The other students must anticipate and jump over the rope as it passes them by. The object is not to touch the spinning rope.

Criss Cross

Begin by jumping a basic jump. While jumping, cross your arms at the wrist in front of your body. As the rope approaches the ground, uncross your arms and return them to the normal position for a basic jump. Repeat this movement.

Skiers

Jump over the rope sideways 15 cm to 30 cm to your left and land on both feet together. Then jump over the rope sideways 15 cm to 30 cm to your right and land on both feet together.

Snake:

Lay a long rope on the ground and have participants stand on either side of the rope. Have two people hold the rope close to the ground while moving it back and forth so it ripples from side to side like a snake. Children can jump over the rope and try not to let their feet be touched by the "snake".

Two in One Rope

Partners stand shoulder-to-shoulder, facing forward, with one handle in the right hand of the partner on the right and the other handle in the left hand of the partner on the left. Both swing the rope up from behind and begin jumping together.

Bell

Jump forward 15 cm to 30 cm over the rope and land on both feet together. Then, jump backward 15 cm to 30 cm over the rope and land on both feet together.

Side Swing

Start with the rope behind your feet. Swing the rope up overhead, and as it comes down toward your feet, bring both your hands to your right side so the rope hits the floor to the right of your feet. Lift up with your hands, making a circular motion, and bring your hands across the front of your body to your left side so the rope hits the floor to the left of your feet.

Two Wheel

Partners stand side by side, facing forward, each with their own rope. Partners exchange the inside handles so that each partner holds one handle of their partner's rope and one handle of their own rope. One partner calls, "Ready, Set, Go." Both start turning one rope first, then the other. As one rope swings up in the back, the other rope comes down and hits the toes in front. One partner is jumping at a time. Repeat the process.



Activities without a Rope:

Simon Says

Incorporate heart-pumping activities, like Simon says “do 10 jumping or seated star Jacks” or “wave your arms as fast as you can!”

Red Light, Green Light

A teacher or senior student stands at one end of the playground. They are the traffic light. The rest of the students are at the other end of the playground. When the traffic light says, “Green light!” everyone runs, and when they say, “Red light!” Everyone must freeze. The first student to pass the traffic light wins!

Shadow Tag

Shadow Tag is a variation of the traditional game of “Tag” and is great for a sunny day outside. Students tag each other’s shadow instead of tagging their body.

Relay Race/Obstacle Course

Create a sidewalk chalk “obstacle course” in the schoolyard, asking students to do various dance moves or exercise moves at each station. Make your obstacle course a relay race by having them tag a teammate when they are finished to start their turn!

Freeze Dance

Kids move while music is playing and freeze when paused.

Hopscotch:

Using sidewalk chalk, draw a few hopscotch boards. Be creative as you like by adding colours, numbers or shapes. Give students instructions on which squares to jump to. For example:

- Move to primary colours only
- Move to odd numbers only
- Move to squares that have the shape of ...

Animal tracks:

Kids imitate different types of animal movements.

Bingo:

Create a bingo card and have different fitness challenges on each square. The teacher calls out different activities for students to do until students complete their cards.

Musical Chairs:

Play the music and have the players walk around the perimeter of the chair circle. When the music stops, everyone must immediately sit in a chair. The one person left standing is out. Remove another chair and continue until only one person is left.

The Bean Game:

When students hear the name of a different type of bean, they perform the appropriate action. For example:

- Dancing Bean – dance on the spot
- French Bean – stop and say “Bonjour
- String Bean – stretch up to make a long, thin bean shape
- Jellybean – wobble like jelly
- Chilly bean – shiver and shake

Alphabet Shapes:

Students move their bodies to represent different letters of the alphabet.

Bowling:

Create a bowling alley using empty plastic bottles. Students can kick or roll a ball to knock down the pins.

Seated Exercises:

Organize a seated workout in by providing a variety of different strengthening activities. In the seated position students can focus on activities such as arm pumps, punches, arm circles and more.

Scatter Ball:

Students spread out over the designated playing area, a beach ball is tossed into the air. The objective is to keep the ball in the air. Once the ball is up, get two or three balls going at the same time.

