



Presenting Partner



Make Your Kick-Off Great!

Your Jump Rope for Heart Kick-Off is the best way to let your school know you are starting your Jump event and to build excitement. You can plan a school-wide assembly or an in-class presentation – whatever best meets your needs.

Essentials to Run a School-Wide Kick-Off Assembly:

1. Four weeks before your event, bring your school together for an assembly.
2. Plan 15 minutes to present your Jump Event.
3. Show the Kick-Off video ([Gift cards Included/Gift Cards excluded](#)) or use our [customizable PowerPoint presentation](#).
4. Don't forget to update your Event Day, school goal and spirit booster in your presentation.
5. Directly after your Kick-Off, make sure to spread the word. Send out our parent letter ([Gift cards Included/Gift Cards excluded](#)), use our email and social media templates and decorate your school with the poster and [Paper Hearts™](#) provided to you in our free registration kit.

Essentials to Run an In-Class Kick-Off:

1. Set a day and time for your fellow teachers to present their Kick-Off in class.
2. Plan for 15 minutes to present your Jump Event.
3. Share the Kick-Off video ([Gift cards Included/Gift Cards excluded](#)) or use our [customizable PowerPoint presentation](#).
4. Don't forget to update your Event Day, school goal and [spirit booster](#) in your presentation.
5. Directly after your Kick-Off, make sure to spread the word. Have your class, teachers or principal send out our parent letter ([Gift cards Included/Gift Cards excluded](#)), use our email and social media templates and decorate your school with the poster and [Paper Hearts™](#) provided to you in our free registration kit.

Want More?

- Play some heart pumping music with our [Jump Sportify playlist](#).
- Engage a senior student committee using our [Student Committee guide](#).

Add a skipping challenge: Try a student-teacher skip-off.

- Bring four volunteer teachers and four volunteer students to the front of the assembly.
- Ask for two volunteer counters.
- Line up volunteers at the front of the assembly, each with a rope in hand. As the MC, you will start the competition by saying go! Teacher #1 and student #1 will start skipping, trying to get as many skips as possible in 30 seconds.
- The volunteer counters will be responsible for counting the number of skips total. One will be in charge of teacher skips and the other in charge of student skips.
- After 30 seconds yell switch! Teacher #2 & student #2 will start their turn skipping.
- Continue the process until all four teachers and students have skipped.
- Have the counters share the total skips with you and announce the winning team, and don't forget you can always have a rematch on your Event Day!

