Jump Rope for Heart!

Begin by watching Go Wild for Heart Health with the Jump Rope for Heart Zoo Crew: [https://www.youtube.com/watch?v=MP7CgxURNV0](https://www.youtube.com/watch?v=MP7CgxURNV0)

Read aloud Harry’s Healthy Heart.

After the book, explain to students that we are going to participate in an obstacle course for Jump Rope for Heart. Give safety reminders and the purpose of the event (raising money to fight heart disease and also keeping your own heart healthy with exercise).

Here are the obstacles you will set up that students will rotate through (set these up in the back of the gym as students are watching the videos or during their warm up):

1. Long Jump Rope – Students will do 5 Ski Jumps (side to side jumps over the rope)
2. Poly Dots – Students will jump from poly dot to poly dot
3. Small Cones – Students will jump over the cones
4. Hula Hoop Jump – Students will jump from one hoop to the next
5. Rope Cone - Put handles of rope in cone – high and low – jump over one and crawl under other
6. Jump Rope Station – Students will jump rope (5 jump ropes before they move on)

At the end of gym class, hand out Harry’s Healthy Heart Packet to students to take home with them and complete at home for fun!