

# Kahibah Public School's

## JUMP ROPE for HEART



## JUMP OFF DAY

Like a lot of other celebrations this term, Jump Rope for Heart is going to look very different at Kahibah Public School.

Originally, we had planned to have a fun filled sports session where students could rotate around participating in various skipping activities showing off their new skipping skills.

This year, since our Jump Off day is while we are still all in lock down, we would like to set a challenge where students aim to skip for an **entire hour!!**

**Don't worry!!** We are not expecting you to jump the hour all in one go...*Phew!!*

Over the day, on **Friday 3rd September**, we would like you to jump a total of 1 hour.

You could jump for 5 or 10 minutes as lesson breaks. You could try a variety of different skipping skills such as The Skier, Double Unders, The Can Can or challenge yourself with The Pretzel. Or maybe you'd like to try some partner skipping such as 2 in one rope, The Wheels Spin or Around the World with a sibling throughout the day. You don't even need to skip over the rope...maybe you could just jump forwards and backwards or side to side over a rope on the ground! You could even set your own obstacle course including some skipping and jumping stations!

Whatever way you choose to skip and jump on our Jump Off day we'd love to see you!

Share your photos to Mrs King by clicking on the link below and uploading your photo for

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## JUMP OFF DAY 2021.

[https://docs.google.com/forms/d/16TRpJJwB\\_Rc6OkG8qRl-oxE6raA6ybUuqC9iomKbJIQ/edit](https://docs.google.com/forms/d/16TRpJJwB_Rc6OkG8qRl-oxE6raA6ybUuqC9iomKbJIQ/edit)

Your photos will be added to a slide and emailed to you or shared with your class when we return to school

Regards,  
Mrs Brooke King  
Jump Rope for Heart Coordinator