

# Nevada NAHPERD Newsletter

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## Calendar of Upcoming Events for NAHPERD

### NEW! Adapted Physical Education Webinar Series

Do you struggle with ways to include students with disabilities in your physical education classes? Perhaps you're an adapted physical educator who would like to expand your repertoire? The American Association for Physical Activity and Recreation (AAPAR) offers educational and interactive webinars in adapted physical education to enhance your knowledge so that all your students can participate, whether their disability is physical or behavioral.

Taught by adapted physical education specialists, the *webinar series launches on November 11, 2010*, with "What Research Tells Us about Including Students with Disabilities into General Physical Education." Webinar presenter Marty Block is professor of adapted PE at the University of Virginia, Charlottesville. Three more webinars follow, each hosted by a different APE specialist, through February 2011.

For more information and a complete schedule of topics, visit [AAPAR's webinars](http://www.aahperd.org/aapar/programs/workshops/webinars.cfm) (<http://www.aahperd.org/aapar/programs/workshops/webinars.cfm>). Or [email AAPAR](mailto:aapar@ahperd.org) ([aapar@ahperd.org](mailto:aapar@ahperd.org)) or call 703-476-3430.

#### November 2

Sunrise Mt HS  
Las Vegas, NV  
PE and Health  
Conference  
7am-2:11pm

#### November 18

Southern Board  
Meeting  
CPDC 4:00pm  
RM 110

#### TBA

State Board Meeting

### Adapted Physical Education Video Contest

If you've ever been inspired by the accomplishments of people with disabilities, consider entering the *Every Body Can!* Physical Activity Video Contest. Sponsored by the American Association for Physical Activity and Recreation (AAPAR), *Every Body Can!* is a unique initiative designed to promote, celebrate, or teach adapted or inclusive physical activity, while raising public awareness about the physical activity opportunities and accomplishments of people with disabilities. Create a 2-minute video for one of six categories. You may even win cool prizes from FlagHouse! **The 2011 contest deadline is December 7, 2010.**

For more information, visit [Every Body Can!](http://www.aahperd.org/aapar/programs/everybodycan.cfm) on the Web. (<http://www.aahperd.org/aapar/programs/everybodycan.cfm>). Or [email AAPAR](mailto:aapar@ahperd.org) ([aapar@ahperd.org](mailto:aapar@ahperd.org)) or call 703-476-3430.



# Spice Up Your JRFH/HFH



## Event

### Focus on the Success Strategies

1. SHIFTING THE FOCUS FROM PRODUCT TO PROCESS
  - From planning and organizing the event to sparking interest and passion for future events.
  - From managing the “overall” happenings to motivating every child.
2. THINKING INTEGRATION
  - Integrating other disciplines involve the entire school community.
  - Integrating the JRFH/HFH program makes the event more dynamic, challenging and inviting.
3. INSTILLING THE “HEART HEROES” THEME AUTOMATICALLY CREATES MORE DOLLARS
  - Students feeling the importance of being a “Heart Hero” or a “JRFH Ambassador” can multiply fund raising efforts.
  - Focusing on this message continues to expand the resource base and encourages more students to become involved in this school-wide event.

**Remember to G-I-V-E and Your Jump Rope  
Program Will Really LIVE!!!!**

**Goals**

**Interest**

**Volunteers**

**Exposure**

## **Goals Give Direction, Motivation, and a Tool to Analyze the Process**

### **SCHOOL-WIDE**

- Number of students & grades participating
- Community Service
- Number of businesses contacted
- Total donations collected

### **GOALS FOR COORDINATOR**

- Announce and promote the theme, the primary motivating factor
- Community Service Goals – Public education, contributions
- Promotion of Event – Radio PSA's, Newspaper Articles, Flyers, Parent Letters
- Create a Motivating Strategy – Principal, Competition Between Schools
- Start small, do what works, eliminate what doesn't and each year build a bigger event

### **GOALS FOR STUDENTS**

- Community Service
- Truly Becoming a Heart Hero
- Interpersonal Skills
- Communication and Presentation Skills
- Progressive Jumping Skills
- Mentoring Younger Students
- Team Building Skills – Classes & the entire School

### **JRFH/HFH GOALS**

- Follow the JRFH/HFH Coordinator's Guide
- Make adjustments
- Highlight items you use each year
- Make a timeline and action plan
- Create Computer Files
- Create files with business donations & parent volunteers
- Create a step-by-step instruction guide for your event



# INTEREST AND MOTIVATION



**The success of your JRFH/HFH event depends on your clarity of what motivates you to coordinate the event, and your willingness to enhance the event to maintain your personal interest and the interest of others involved**

## **WHAT EXCITES & MOTIVATES YOU AS A COORDINATOR?**

- Community Service
- Parent Involvement
- Administrative & Teacher Involvement
- Community Involvement
- Heart Healthy Lessons
- Motivating Students to Exercise
- Teaching Jump Skills
- Creating Exciting Basketball Games
- Teaching the Benefits of Rope Jumping & Basketball as Lifelong Fitness
- Choreographing Jump Rope Routines

## **SUSTAINING THE INTEREST OF STUDENTS**

- Make the event FUN!!!!
- Make the \$\$\$\$ Goal Attainable
- Encourage students to jump or shoot in honor or memory of someone close to them affected by heart disease or stroke
- Lessons prior to the Jump and Hoops event develop skill students can use at the event
- Place Skill Progression Charts and Posters around the gym
- Prizes awarded for students turning in their Parent Permission Slip
- Help students feel good about what they are accomplishing
- Make your event visible throughout the school – Posters, Goals Sheets, Prizes
- Make morning announcements
- Talk about stories which are personal to your school
- Give students opportunities to explore and create – Jump Rope tricks, routines, rhymes, basketball teams, trick shots
- Bring students together to demonstrate their new skills



# **VOLUNTEERS AND SUPPORT**

## **Don't Be A SUPERHERO - Be A HEART HERO**

### **Avoid Burn Out!**



#### **SUPPORT MATERIAL**

- Coordinator's Guide
- Jump Rope Skills Book
- JRFH Video
- HFH Video

#### **SUPPORT OTHERS**

- American Heart Association Youth Market Directors
- Jump & Hoops for Heart Coordinator's in your District
- Interested Colleagues and Parents
- Mentor other Event Coordinators in your area

#### **VOLUNTEERS**

- Recruit Helpers; Parents, Students, Teachers, Colleagues
- Delegate, Delegate, Delegate

## **EXPOSURE – GET THE WORD OUT!**

#### **EXPAND YOUR PARTICIPANT BASE**

- Invite teachers to jump rope or shoot hoops with their students
- Encourage students to invite their parents to be a part of the event
- Post Jump Rope skill charts in recess areas
- Encourage students to get their Parent Permission signed to be involved in the event even if their parents don't want them to collect

#### **NOTIFY THE SCHOOL COMMUNITY**

- Make Morning Announcements
- Announcements at staff meetings
- Send parent notices home
- Place JRFH/HFH promotional items around the school
- Encourage teachers to promote the event in their classrooms
- Invite teachers to integrate Heart Power curriculum in their curriculum

#### **INFORM THE LOCAL COMMUNITY**

- Radio Public Service Announcements
- Newspaper Articles
- Invite Newspaper to the event
- Town Council Meetings

#### **THANK YOUR SUPPORTERS**

- Publicly thank your students in a follow up newspaper article
- Send a personal Thank You letters to all volunteers – Include details of the event
- Send a personal Thank You letters to all businesses who donated prizes to the event
- Recognize Businesses at Reward Events in front of all JRFH/HFH participants



## Jump Rope for Heart Rap

Hey Kids, Hey Kids  
Have you heard?  
We are here  
To spread the word!

JUMP ROPE FOR HEART  
JUMP ROPE FOR HEART  
FEBRUARY IS \_\_\_\_\_  
JUMP ROPE FOR HEART

JUMP ROPE FOR HEART  
JUMP ROPE FOR HEART  
FEBRUARY \_\_\_\_ IS  
JUMP ROPE FOR HEART

If you want prizes  
Collect donations  
If you want to know more  
Ask your teacher for information

Grab your ropes  
And get in gear  
Jumping is fun  
Healthy we hear!

JUMP ROPE FOR HEART  
JUMP ROPE FOR HEART  
FEBRUARY \_\_\_\_ IS  
JUMP ROPE FOR HEART

## School Announcement

What's got \_\_\_\_\_Elementary jumping? Jump Rope for Heart! Help the American Heart Association save lives by getting sponsors for our event on February \_\_\_\_\_. Get your friends together and join in for some fun and great prizes! See your PE teacher to sign up today!

Good health and physical fitness are important to everyone. Our school will be participating in Jump Rope for Heart on February \_\_\_\_\_. Help our school support the mission of the American Heart Association. Each of you can be a Heart Hero. See PE teacher for details.

It's not too late! You can still sign up for \_\_\_\_\_ Jump Rope for Heart event on February. Join in the fun and help the American Heart Association save lives. Register with your PE teacher today. Don't miss out on this great event!

SHOW ME THE MONEY! That's what your PE teacher is saying for Jump Rope for Heart. This year Jump Rope for Heart is February. Remember, this year our goal is \$10,000.00. There still is plenty of time to register. Let's get jumping \_\_\_\_\_ Elementary!



## With So Many Fundraisers Why Pick the American Heart Association?

- ♥ *Jump Rope for Heart* and *Hoops for Heart* address the school wellness plan as well as the school improvement plan.
- ♥ The American Heart Association is the only program that addresses and provides educational materials teaching students about heart health and the seriousness of heart disease. Lesson plans already prepared!
- ♥ The P.E. department directly benefits with the opportunity to earn gift certificates to use, through US Games, to receive new equipment.
- ♥ The American Heart Association is the largest private (we receive no government funding) sponsor of research in the United States over all other organizations.
- ♥ It is a great community service project!
- ♥ Educates students about heart health in a fun and active way. All students can participate regardless of athletic ability or donations.
- ♥ Everyone knows someone who was affected by heart disease and/or stroke. This can serve as a touching tribute to someone.
- ♥ Because we need your support to fight our nation's #1 killer - Heart Disease!!!

Please contact Shelly Belland for more information: 702-686-9936 or [shelly.belland@heart.org](mailto:shelly.belland@heart.org)



# Jump Rope for Heart

## Scholarships

**Jump Rope for Heart Scholarships is available on the NAHPERD website**  
**Type in <http://www.nevadaahperd.com/>**  
**Select JRFH for application and information**

**NAHPERD is**  
**Nevada Association for Health, Physical Education, Recreation, and Dance!**  
**Additional information about the organization and programs are on the website. Check it out at**  
**<http://www.nevadaahperd.com/>**