

JUMP ROPE *for* HEART



Guide for parents

Help fight heart disease

Your school is taking part in Jump Rope for Heart - a skipping and fundraising program aimed at getting your child physically active, whilst learning about the importance of healthy behaviours to look after their heart.

At the same time, they'll give back to the community by raising funds to help save Australian hearts.

How do I get started?



1. Register your child. Visit jumprope.org.au/parents



2. Share your child's page with friends and family and ask them to donate



3. Log your child's skipping activity so they can earn prizes and virtual badges.

Teachers will organise skipping activities during the school day. If your child is a keen skipper, encourage them to skip at home too to earn more badges, faster.

Why should I get involved?

Jump Rope for Heart is a fun way to encourage your child to be physically active, helping them grow into healthy adults - reducing their risk of heart disease in the future. Over the coming weeks, watch your child be more physically active, build their confidence and learn some awesome new skipping tricks along the way!

Happy skipping!

Sign up now at
jumprope.org.au