

JRFH EXAMPLE CONTENT

When you register for Jump Rope for Heart, you get access to all the programme material online, whenever you need it.

Inside you'll find everything you need to set up and administer your JRFH programme and your Jump Off Day. Plus every classroom has short videos that you can use to teach your students how to do the Jump rope skipping skills - they could even teach themselves

JRFH PDFs

YEAR 3&4 : DOCUMENTS

- JRFH 3&4 Book**
JRFH ADMIN
Essential Skipping Skills : size 4.8Mb
- Skip Card**
JRFH ADMIN
Essential Skipping Skills Cards : size 1.8Mb
- Assessment Sheet**
JRFH ADMIN
Essential Skipping Skills Assessment Sheet : size 120Kb
- Skills Booklet**
JRFH ADMIN
Skills Booklet : size 500Kb

JRFH VIDEO ROUTINES

YEAR 3&4 jump rope videos

FORWARD STRADDLE 3&4

FACE TO FACE | FORWARD | INSIDE OUT | ROUND YOUR