

Jump Rope for Heart

Every year the PE program at FWES leads an action project through the American Heart Association. Here is what we want you to know:

- The program is presented to students as an “Action Project”, an opportunity to make the world a better place by doing something for others (caring & empathic).
- It is also presented to students that they may or may not want to participate based on personal choice (other action projects they support or level of interest).
- The program is collecting monetary donations through the end of February as we study the cardiovascular system (anatomy & physiology), health (lifestyle choices-limiting sugary drinks, and sodium while increasing fruits and vegetables, water and activity), and jump rope skills (individual, partner and small group).
- We will have a day of celebration in PE class at the end of February to close out our project.



If you have any questions or concerns please contact Mr. Eller (deller@wcpss.net)

Below are hearts that students/families can decorate in honor of anyone living with heart disease or in memory of anyone who has passed away from heart disease. Students can bring completed hearts to PE and place on the wall during our project.

<http://american.heart.org/jump-hoops/for-teachers/event-promotions/in-honor-of-template.pdf>

<http://american.heart.org/jump-hoops/for-teachers/event-promotions/in-memory-of-template.pdf>

Thank you for your support.



**IT TAKES HEART
TO BE A HERO!**