

December 2013

Dan Young

# NEWS FROM THE GYM: PHYSICAL EDUCATION

&

Kristen  
Altstaetter

## Jump Rope

(Jump Rope for Heart)



Reminder:  
Appropriate shoes  
are always  
needed

## K-4 AGENDA

Your Child will be improving their jump roping skills which will improve their cardiovascular endurance as well. They will learn individual jumps, partner jumps, and long rope jumps. While the jump rope unit is taking place they can also take part in collecting money for the American Heart Association through Jump Rope For Heart. All the money goes to American Heart Association. The money is due December 13th. If they collect \$5 they will receive the first duck. If your child places an order online they can get the ninja duck.



[Jump Rope For Heart](#)