

## **JUMP KIDS JUMP MOVEMENT OVERVIEW**

### **WHAT:**

The Jump Kids Jump Movement is a statewide effort to encourage kids of all ages and abilities to get more active by jumping rope. Through the Jump Kids Jump Movement, communities statewide will be provided with access to a wide variety of resources to help promote interest and develop skills in jumping rope.

### **WHO:**

The Jump Kids Jump Movement is being led by Clarian Health. Other statewide and local organizations such as the American Heart Association, the Indiana State Department of Health, Radio Disney, and the INDY AIR BEARS (one of Indiana's premier jump rope teams) have been recruited to partner in the development of this initiative. Because a well-integrated base of support is critical to the success and sustainability of this statewide effort, identification and recruitment of more community partners is a primary focus at this time.

### **WHY:**

Indiana's kids of all ages and abilities need to be challenged to exercise regularly. With about nine million American children over age six currently considered obese, Indiana ranks ninth in the nation for overweight adults and obesity.

### **WHAT AND WHEN:**

The Jump Kids Jump Movement is not about just one program, but rather a variety of programs that can provide information, resources and activities to promote and encourage jumping rope as a form of physical activity. The goal is to get kids throughout the state jumping rope in a variety of settings such as during school, at home, in recreation and athletic programs, camps, scout and church programs, special events, etc.

A jump rope curriculum for recreational settings is being evaluated this summer. An instructional video and school-based curriculum are being developed this summer and the school-based curriculum will be piloted in the fall of 2007. It is anticipated that this curriculum will be available for the 2008-2009 academic year. The official launch of the statewide Jump Kids Jump Movement is projected for May of 2008 with a Jump Rope Showcase.

### **For more information, please contact:**

Lisa Drake Cole, RN MA  
Manager  
Health Promotions and Community Relations  
Clarian Health  
1800 N. Capitol Avenue, Suite E621  
Indianapolis, IN 46202

317-962-1018  
lcole3@clarian.org

Karen Bruner Stroup, Ph.D.  
Director  
Community Education and Child Advocacy  
Riley Hospital for Children  
575 West Drive, Room #008  
Indianapolis, IN 46202

1-888-365-2022 (toll free)  
[kstroup@iupui.edu](mailto:kstroup@iupui.edu)

Check out <http://www.rileyhospital.org/parents-and-patients/wellness-center/commed/jump-kids-jump.jsp> to download a recreational jump rope curriculum. New web site under construction.

