



Jump Rope for Heart

A repetitive thud resonated across St Lucy's on Tuesday, 22 September 2009 as the children jumped rope to raise money for the Heart Foundation. It is the ninth consecutive year the school has participated, spurred to action by a father who was suffering from heart disease and an Aim High study unit on how the heart works.

P.E. teacher, Libby Noble, has been preparing students for the day with plenty of skipping-focused P.E. lessons. She says many children who could not jump rope at the beginning of term are now doing brilliantly: "It was great for some of the teachers who hadn't realized their students could skip so well commenting on their new-found abilities."



The event consisted of eight active stations including climbing and target throwing and culminated in the relaxing "drawing station". A group of year nine boys from Oakhill College cheered on the children every step of the way. Their attitude was impressive as they swung ropes, stood alongside the balance beam and provided general encouragement.

More than 8 million school students have participated in [Jump Rope for Heart](#) since it was established in Australia 25 years ago.

Children in St Lucy's satellite class in Narrabeen did their jumping on Wednesday morning, coinciding with the worst dust storm to hit Sydney for 70 years. Needless to say, they did their jumping inside!

For more photos...

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