



15 Best JUMP JAM Tips Ever

1. Push play in, out or through your class programme as a Fun Fitness Tool – Its all on video and you can do it anytime, anywhere and anyhow. Learn the routine one day and perfect it the next.
2. Start with senior students and get them empowered to lead and to become JUMP JAM Leaders. This gives the younger students a goal for when they become a senior.
3. If you have a projector and screen at assembly, get the whole school doing it including the teachers. Everyone is getting fit, having fun and it looks amazing for visiting teachers, parents, dignitary or Education Review Officers.
4. Use senior students to present a routine as an assembly item – it is fun, energetic and everyone could dress up and make it theatrical or tie into something related to the curriculum.
5. Get your class to teach / lead another class or perhaps get together with Buddy Class and book a regular joint JUMP JAM session.
6. Use it 15mins before school starts, so you can motivate students to get to school on time or first thing in the morning to wake everyone up. It is also the coolest time temperature wise, which is great in winter to warm up and perfect in summer when the days get too hot.
7. Use it as a 3 minute mind break when the class needs re-focussing or as a reward for working hard. Ideal when students are restless too.
8. Great for fitness at wet lunch times, when students are stuck inside or in the undercover area.
9. PE teachers can use it as a warm up before a specific skill lessons.
10. Flash mob it at lunchtimes after everyone has eaten. This is real self-directed learning.
11. Use for a warm up for Athletic Days, Carnival Sports Days or a special event.
12. Use it as an integration fitness program with your Education Support Students / Special Needs Students if your license allows.
13. Start a lunchtime JUMP JAM Club and use these students as leaders or even just giving these students time to practice and do the routines for fun...
14. Maybe use a routine and enter a JUMP JAM competition. Set a goal.
15. Use JUMP JAM as a fundraiser, set up regular sessions and students pay a gold coin donation to get fit and maybe perform their favourite routines for their parents at a mini show.

At the very least, become a JUMP JAM School in your area promoting Healthy, Active, Happy Students and start using this amazing resource by pushing play. Check out some testimonials <http://www.jumpjam.co.nz/testimonials/>

