



## Prescott Primary Northern – JUMP JAM

Prescott Primary Northern introduced the JUMP JAM program into their weekly activities, after one of our teachers who had moved from New Zealand directed us to this energetic program. This teacher had been trained in NZ and believed this program would benefit our students at PPN.

The routines were first taught to our two Year 5 classes during their Sport Program, and then these classes assisted the teachers in teaching it to the remainder of school. Each class is given the opportunity to participate twice a week, for the first 15 minutes on a Tuesday and a Friday. Teachers have noticed that on these days when beginning the day with a high level of exercise, the students are fair more settled as they begin their work.

A few teachers have shared their opinion of this program...

**Year 1 Teacher:** *I love the fact that JUMP JAM is so good for co-ordination, rhythm and whole body movement. My littlies love copying the oldies and learning from them. I stress to the older kids that they are the leaders and the littlies are looking and learning from them. They take that seriously and get more out of it as a result.*

**Reception Teacher:** *JUMP JAM is a fantastic program, involving all ages that allows students to participate in an exercise routine in a fun and high paced way. As a teacher it is a great motivation for children to participate in exercise that do not always like to participate in other ways. It is a great opportunity for the whole school to get together, have fun and instil a love for exercise in our students.*

**Year 6 Teacher:** *As a teacher I like it because it's very aerobic for the kids (and teachers) and gets their heart rate up, burning off some energy before school starts. A great way to begin our Tuesdays and Fridays.*

**Reception Teacher:** *As a class teacher, I like that the whole class has the chance to participate in a fitness program with the entire school. The students see that we are an active school and have fun while exercising. It is great for not only the girls but also the boys in my class as they can move around and exercise in a fun, enthusiastic manner.*

**Year 4 Teacher:** *I believe that JUMP JAM is a fun, interactive program which allows children of all fitness levels to get involved in physical education. The music is catchy and the routines are choreographed in a way that all participants can follow.*

A few of the many responses from our students...

- " I like the one that goes 'I like to move it move it' because it's so fun and it's funny too."
- " I like when we do the chugga chugga thing because you've got to move your arms and it's like a train."
- " I like stop, drop and roll because it's funky and really, really, cool. I like the beginning and end of the song."
- " I like it when we do the move it move it one because it's cool".
- I like JUMP JAM because we get to dance and I get to see my sister.
- I like JUMP JAM because it makes your brain turn on and it's a really good way to get exercise.
- The actions are really fun and it builds up your strength..
- The songs are really fun because they have a lot of movement in them.
- Teachers can join in too.

Thank you for allowing us to purchase this program and include it in our weekly activities. We have definitely seen the benefit of an enthusiastic program that not only provides enjoyment for our students, but encourages fitness across the year levels. We look forward to incorporating JUMP JAM 2 into our collection of routines.