



**Heart Foundation™**

# **JUMPING JUNE**

**2026**

**EVENT DAY GUIDE**

# KIA ORA!

Your Jumping June event day is the perfect opportunity to celebrate fundraising, get active, and bring your school community together.

Whether you're planning a whole-school skipathon, a house competition, a rotation of fun stations, or simply a shared moment of movement, this guide is packed with ideas to help make your event easy to run and enjoyable for everyone involved.

Remember, there is no "right" way to run a Jumping June event. Use the ideas that suit your school, your students and your available space.

Most importantly - have fun, celebrate your students, and enjoy being part of a movement helping support the Heart Foundation.

Ngā mihi,  
The Jumping June Team





# LET'S GET STARTED

## Before Event Day

Use this checklist to help your event run smoothly.

- Confirm event date
- Book field, court or hall
- Check skipping ropes have arrived
- Confirm teacher supervision
- Organise music or sound system
- Prepare water stations
- Check weather forecast
- Have wet weather plan ready

Choose how you are running your event:

### Whole School Skipathon

Everyone skips together.

### Class Rotation

Classes move between activity stations.



# What to think **about**

## **Clothing**

- Soft-soled shoes
- Comfortable sports clothing
- Hair tied back

## **Rope Length**

Handles should reach approximately armpit height. Please see our rope adjustment video at [jumpingjune.org.nz](http://jumpingjune.org.nz) for advice on adjusting rope length.

## **Surface Selection**

Recommended surfaces:

- Wooden floor
- Artificial turf
- Short carpet
- Rubber surface
- Grass

## **Hydration & Nutrition**

Encourage students to:

- Bring water bottles
- Stay hydrated
- Eat a healthy breakfast
- Refuel throughout the day

# TOP TIPS FROM SCHOOLS

- **Keep It Simple**  
Students don't need dozens of activities to have fun.
- **Use Music**  
A playlist instantly lifts energy and participation.
- **Get Staff Involved**  
Students love seeing teachers join in.
- **Celebrate Effort**  
Recognise participation, not just performance.
- **Enjoy the process!**



# Passport Stations

One of the easiest ways to run a successful Jumping June event is to turn selected skills from the Jumping June Passport into challenge stations.

Students rotate around stations, attempting skills suited to their age and ability.

## Suggested Format


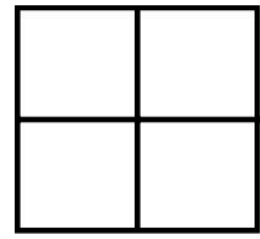
Choose 4–6 Passport skills and allow students to spend 3–5 minutes at each station.

## Remember:

Participation, effort and improvement are the goal.

You'll find the passport in the resources section of the jumping june website!



 <p><b>Double Bounce</b></p>	<ul style="list-style-type: none"><li>• 2 Jumps per rotation of the rope</li></ul>	<ul style="list-style-type: none"><li>• Draw bigger circles with hands/arms to help turn the rope slowly around your body</li><li>• Use a count to stay in time (1,2,1,2)</li></ul>	<ul style="list-style-type: none"><li>• Not jumping high enough off the ground</li><li>• Feet are too wide apart</li><li>• Hands not turning in time with every second jump</li></ul>	
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# EXTRA STATION IDEAS

## Event Day Tip

Senior students, teacher aides and parent helpers can make fantastic station leader

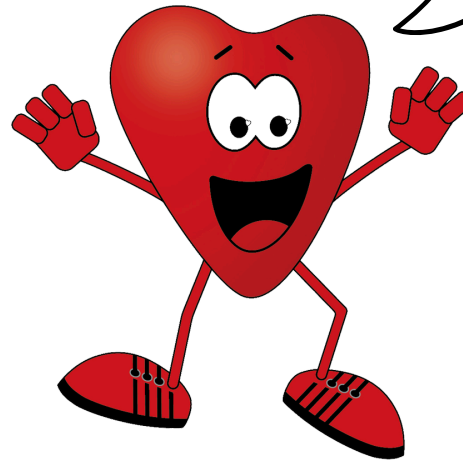
## Trick Creator

Students combine two or more skills to create their own sequence.

For example:

- 10 Basic Jumps
- Side Swing
- 10 Basic Jumps
- Criss Cross

Students then perform their sequence for a partner, teacher or station leader.



## Choose Your Challenge

Students select their favourite Passport skill and attempt a personal best.

## Basic Jump Challenge

Can you complete 20 consecutive jumps?

## Speed Challenge

How many jumps in 30 seconds?

## Endurance Challenge

How long can you skip without stopping?