



YOU ARE INVITED TO A FREE TEACHERS' WORKSHOP, SO SIGN UP NOW!

Free Teachers' Workshops are being organised for schools in your area by the British Heart Foundation (BHF), to help give you comprehensive knowledge and new skills to help introduce skipping into your school.

The declining activity levels of children is a cause for concern and we are very keen to help you encourage the children in your school to **get fit, get active and get involved**.

These workshops will be run by a **skipping instructor** based at the Department of Education and Sports Science at Loughborough University. Along with a BHF representative to answer any questions you may have about the work of the BHF. The instructor will **demonstrate the potential of skipping as an enjoyable and challenging way to maintain heart health** and show how skipping can **be incorporated into the National Curriculum**. They will provide practical ideas and inspiration for introducing skipping to your school and information on the Jump Rope For Heart scheme.

The BHF's highly popular school events have proved very successful in involving children and young people in physical activity. If you register your school to take part in **Jump Rope For Heart** or **Ultimate Dodgeball** you will receive a free resource kit that includes lesson plans, a step-by-step organiser's guide, equipment to help you run the event and much more!

Also your school will retain 20% of the fundraising total, to spend on resources or equipment.

About the Teachers' Workshops. 2 hours long (approximately)

- An overview of the BHF in your area, and information about Jump Rope For Heart.
- The benefits and potential of skipping in schools.
- Warm up and skipping skills, including single rope work, challenges and Double-Dutch skills.
- Information about the new Ultimate Dodgeball event.
- Brief overview of the Ultimate Dodgeball rules, and some practical examples.
- Cool down, mention of Artie's Olympics event. Questions and answers, then finish.

As all participants will be taking part in physical activity at this workshop it is very important that **appropriate sports clothing and good footwear are worn**. Refreshments will be available.

We hope that you will get involved, and would be grateful if you would circulate this information to all interested staff (please bear in mind we can only accommodate two teachers from each school).

To register for this workshop, please return the booking slip (overleaf). The address is listed.

These workshop's are on a first come first serve basis, so don't miss out!

TEACHERS' WORKSHOP – REGISTRATION FORM

Please complete the form below, to sign up to one of our **free Teachers' Workshops**. Due to the popularity of these workshops we can only allow a maximum of two teachers from each school to attend.

Please ensure you include your email address, as this is how we would like to communicate with you.

School Details

School Name*			
School Address			
School Postcode*		School Phone Number	
Have you held an event for the BHF in the past			

Attendee Number 1

Teacher's Name*	
Position	
Email Address*	
Signature*	

Attendee Number 2 (if required)

Teacher's Name*	
Position	
Email Address*	
Signature*	

* *Mandatory field*

Declaration

I acknowledge that I participate in this event at my own risk and that the BHF cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all the rules and regulations set out by the British Heart Foundation for participating safely in this event. Signed above.

Workshop you would like to attend (tick one)

Merseyside – 8 th March '10 []	Carlisle – 18 th May '10 []
Exeter – 11 th March '10 []	Bedford – 19 th May '10 []
Belfast – 23 rd March []	Chichester – 20 th May '10 []
Bristol – 23 rd March '10 []	
Hastings – 24 th March '10 []	
Neath – 25 th March '10 []	
Stanmore, London – 26 th Apr '10 []	
Manchester – 27 th Apr '10 []	Date – to be confirmed
Nottingham – 28 th Apr '10 []	Bury – TBC []
Dartford – 29 th Apr '10 []	Leeds – TBC []
Blackburn – 5 th May '10 []	Loughborough – TBA []
Reading – 6 th May '10 []	
Cheltenham – 17 th May '10 []	

Please send this form back to:

Fundraising Promotions Department, British Heart Foundation, Greater London House, 180 Hampstead Road, London NW1 7AW or email it to **everyonewins@bhf.org.uk**

If you have any queries then please call **020 7554 0221**.