

# MICHAEL F. STOKES SCHOOL JUMP ROPE & HOOPS FOR HEART



Wednesday, February 25<sup>th</sup>

1:45- 2:30 p.m.

STOKES GYM

FOURTH GRADE boys and girls will have an opportunity to demonstrate the effectiveness of rope jumping and throwing basketballs into basketball hoops as a cardiovascular fitness exercise to help keep all hearts healthy. The proceeds from this event will benefit the research, education and community programs of the American Heart Association.

An official student sponsor form will be given to the fourth graders prior to the event to enable them to acquire pledges. Pledges can be one or two dollars and are not based on the number of jumps or hoops during the one hour event. One or two sponsors per student are sufficient. We are not encouraging students to go door to door to get sponsors.

The parental permission form is needed to allow your child to participate. The form also states that you know of no medical reason which would prevent your child from participating in this event.

Please fill out and sign the parental permission form. Have your child return this form along with the sponsor form and money by Friday, February 6<sup>th</sup>

Coordinators  
Mrs. Hoffman & Mr. Schneider