

Sprockets

Toronto International FILM
Festival for children
April 14-18, 2008

A great deal of thanks and appreciation goes out to our teacher committees who volunteer their time to assist in the development of Sprockets lesson plans.

Film Study Guide – Author and qualifications.

TITLE:	Jump!
COUNTRY OF ORIGIN:	<i>USA</i>
RELEASE YEAR:	<i>2007</i>
ORIGINAL LANGUAGE:	<i>English</i>
DIRECTOR:	<i>Helen Hood Scheer</i>
RUNTIME:	<i>99 Minutes</i>
CURRICULUM LINKS:	Physical Education and Health (identifying factors such as trust, honesty, and caring that enhance healthy relationships; applying a problem-solving/decision-making process to issues related to sport). Teamwork and Personal Goals.

Focusing Question: In this film, how do friends and teammates support each other and navigate the trials and tribulations of competitive sport?

Synopsis:

Recommended for Grades 5 to 12

Follow a dynamic group of teenagers as they prepare for the national and world jump-rope championships in this fascinating documentary. While skipping rope has a long history, competitive jump rope- which combines athleticism, skill and creativity – is relatively new. The talented athletes aiming to make the American world-championship team include

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twelve-year-old Tori, who refuses to let asthma stop her from jumping as fast as she can; best friends Nick and Jeff, who focus on risk and originality; and Jaz and Style, who have decided to switch from double dutch to single rope skipping. We witness the athletes' hard work as they add refinement and finesse to the routines they hope will land them on the podium at the world championships – which happen to take place right here in Toronto!

Showcasing the amazing tricks the young jumpers can perform, and filled with interviews that are candid and often humorous, *JUMP!* focuses on the athletes' shared love of their sport. Rather than viewing their competitors as rivals, the jumpers see each other as friends with whom they enjoy exchanging tips and innovative techniques, improving the sport and increasing its appeal. It is this cooperative spirit which makes this wonderful documentary soar.

Teacher Endorsement: “Although jump roping is a unique sport, this film carries with it some universal themes, especially that of building character. One cannot help but be inspired by the determination, ambition, creativity, and innovation displayed by the featured athletes.

“Students will be impressed by the level of skill, sportsmanship and camaraderie among competitors. Upon seeing this film, students will also have much to talk about from a new-found respect for the sport, to issues such as how far people should push themselves and others in trying to achieve their personal best. This film is sure to bring about much discussion in the classroom.”

Director's Filmography:

JUMP! (2007)

Pre-Screening Preparation

Competitive skipping is a sport many students may not be familiar with, to learn more about this sport check out jumpropeforheart.ca “Skipping

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Lesson" area where students can learn some basic, intermediate and advance skipping moves like the "Mad Dog" or "Two Wheel Basic Jump".

During Screening Question/Activity:

Ask students to consider the following questions while viewing the film:

1. What is the attitude to the events and characters? Are they presented sympathetically/negatively/impartially?
2. What techniques are being used to achieve this? (E.g. the music selection, the camera shots used, the scenes depicted.)
3. Can you identify with any of the characters?

Post-Screening Activity:

Have students prepare a jump-rope routine that will develop strength and endurance. Students can incorporate basic calisthenics as well as dance movements to their routine. The routine might be coordinated to music or be a demonstration of a special jump-rope skill or move. The film can also serve as a great way to launch your schools involvement in Jump Rope programmes such as the "Jump Rope for Heart" fundraising campaign, see www.jumpropeforheart.ca for details.

Conclusion/Wrap-Up:

This film presents a wonderful story of a group of youth who demonstrate perseverance and the ability to cultivate change. This story depicts hard work, personal trial and tribulation. As an audience we are given a glimpse into these student's lives and the opportunity to see how a diverse group of youth can rise up to the occasion and achieve personal bests.

ADDITIONAL RESOURCES:

1. *Jump Rope for Heart* jumpropeforheart.ca "Jump!" is a contagious FUN-draiser from the Heart and Stroke Foundation that motivates kids into action, encourages them to stay healthy, and inspires them to raise funds for a cause that's important to their communities. It's good for the kids, it's good for the schools and it's definitely good for the heart." (jumpropeforheart.ca)

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2. *Heart & Stroke Foundation* heartandstroke.com "The Heart and Stroke Foundation, a volunteer-based health charity, leads in eliminating heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living and advocacy."
3. *Youth Fitness and Jump Rope for Heart*
Report issued December 3, 2001 by Susan E. Kalbfleisch BA, MEd – Atec Marketing Limited (jump2bfit.com/youth.pdf) "Rope skipping, or jumping rope is considered to be one of the most efficient tools to increase cardiovascular fitness- hence its use as a training tool by many major athletes. Besides the heart health benefits of regular rope jumping, physical endurance, locomotive skills, balance, agility and motor coordination can be improved dramatically using individual and/or group activities. Most importantly, as a non-competitive activity, jumping rope encourages the successful involvement of those most at risk for developing a sedentary life style- the non-athletic student. These students increase their fitness levels and at the same time, their self confidence, which also aids their personal development."
4. *Canadian Rope Skipping Federation's* crsf.net