



PROGRAMS



ORGANIZATION OVERVIEW



Black Girls Jump is a Chicago-based organization dedicated to utilizing jump rope games as a fun, family-friendly, form of fitness for children and adults.

Through double dutch jump rope, a game rooted in urban female culture, we're engaging communities in an enjoyable and accessible form of play and fitness.



A fast growing initiative, Black Girls Jump has over 1100 members and groups in Chicago, Washington D.C., Louisville, Denver, Atlanta, Wilmington, DE, Charlotte and Winston-Salem, NC. We host special events and standing games, and participate in high profile events.

We also work in partnership with schools and community organizations to motivate adults to exercise, pass the double-dutch art form down to younger generations, and engage children in physical fitness activities.

Black Girls Jump has been featured on NBC-5 Chicago, WBEZ Chicago Public Radio, and invited to appear on Black Entertainment Television. A women-operated organization, our leadership is composed of youth development experts, physical fitness experts, media practitioners, and behavioral health specialists. Black Girls Jump is a not for profit organization.



JUMP IN! PROGRAMS

Our JUMP IN! programs seeks to engage children in fun, physical activity, and health awareness. JUMP IN! provides a forum to pursue competitive jump rope, a respected international sport.

By jumping rope for only a minute a day, children can improve their immune systems and bone health, while diminishing incidence of heart disease, obesity, and diabetes.



JUMP IN! uses a playful format to instill knowledge of health and nutrition and motivate long-term health conscience behaviors. JUMP IN! also provides a forum for positive social interaction, and developing skills in leadership, self discipline, team building, and conflict resolution.

Our programs offer children opportunities for:

- Preparation for competitive jump rope and other sports
- Developing social skills
- Improving fitness levels
- Increased knowledge of health and nutrition
- Strengthening heart, bones, and muscles
- Healthy growth and development
- Lower stress

With girls being the less likely to engage in physical activity, JUMP IN! provides a forum for girls to participate in sports. Studies show girls who play sports have higher levels of confidence, body esteem, and lower levels of depression. In addition, two national studies found female athletes were significantly less likely to use drugs, less likely to become pregnant in elementary and high school, and less likely to drop out of school.

Engagement in physical play gives children opportunities for physical fitness, self-expression and relief of tension. Team games promote positive social interaction and facilitate the development of social skills including conflict resolution. In addition, the programs provide a forum to develop skills in leadership, self-discipline, respect, team building, and organizing, while creating an achievement-oriented social activity for children.



PROGRAM DESCRIPTIONS

JUMP IN! PROGRAM

This program utilizes single and long jump ropes to engage children in fun, total-body physical fitness. Children engage in an array of games and aerobic activities focused on endurance, speed, and coordination. Each session can include a short workshop on health and fitness topics such as calories, heart rate, hydration, and diabetes prevention. Information about health, fitness, and jumping rope can be disseminated.



Each session is one hour and accommodates 20 participants.

Objectives:

- Increased knowledge of jump rope games and techniques
- Increased awareness of health and fitness concerns
- Enhanced physical fitness levels
- Increased skills in jumping rope
- Enhanced social skills



DOUBLE DUTCH 101

This program trains children in double dutch jump rope. Instructors provide individualized and group lessons in the fundamentals of jumping and twirling ropes. The program covers freestyle double dutch jump rope, basic tricks, and several jump rope games. Participants are also introduced to competitive jump rope through demonstrations, and instructional materials. Each session is one hour and accommodates 20 participants.

Objectives:

- Developing skills in double dutch jump rope
- Increased knowledge of jump rope games and techniques
- Enhanced physical fitness levels





DOUBLE DUTCH TEAM

Our double-dutch team building program is designed for children. Through weekly training participants will enhance existing skills in double-dutch jump rope, while incorporating competitive jump rope techniques such speed jumping, jumping in pairs, and performing choreographed jump rope routines. This program is designed to prepare participants for competitions and performances.



Objectives:

- Increased knowledge of jump rope games and techniques
- Enhanced physical fitness levels
- Increased skills in jumping rope
- Enhanced social skills
- Preparation for competitive jump rope



In addition to delivery of the above programs we:

- Design custom jump rope programs
- Identify youth leaders amongst the community to work with program staff
- Disseminate information on health, fitness, and jumping rope
- Publicize the partnership through our social media channels
- Organize participation in jump rope competitions
- Evaluate the program's achievement of desired outcomes





MONITORING AND EVALUATION

Black Girls Jump will monitor the implementation of our programs to ensure objectives and expected outcomes are accomplished. Ongoing assessments will be conducted for program improvement and evaluating program objectives against outcomes.

At the end of the each program, we can organize an evaluation meeting between the project staff and your organization.

Monitoring and evaluation will involve:

- Identifying number of participants and regularity of attendance
- Identifying number of participants successfully completing a program
- Recording participants psychological and social development skills
- Assessing pre and post-program physical fitness levels
- Evaluating pre and post-program health and fitness awareness
- Evaluating participant interest in physical fitness activities