**School Enrichment**

The purpose of school classes is to promote increased physical activity, healthy and nutritious eating, anti-violence and peaceful living using jump rope as an engagement tool. Students will learn individual, single rope, and Double- Dutch jump roping skills and techniques. Conflict resolution, effective communication, problem solving and personal responsibility concepts are woven into each lesson to promote more healthy and respectful relationships with peers and the larger community. The program also includes a cultural component promoting learning and cultural exchange with children participating in jump rope programs in Nairobi Kenya.

Davi Mozie is physical fitness and violence prevention specialist with over twenty years experience facilitating programs that promote increased physical activity, healthy interpersonal relationships and cross cultural learning exchange. She has facilitated jump rope and violence prevention programs across the US and other countries including Japan and Kenya.  Ms. Mozie has worked in a variety of settings including schools, military bases, community centers, colleges and universities. Locally, Ms. Mozie has facilitated programs at the Greater Ithaca Activities Center, Southside Community Center, Caroline Elementary School, DeWitt Middle School, Belle Sherman Elementary School, South Hill Elementary, Fall Creek Elementary, Fingerlakes Residential Center and the bi annual Streets Alive! open streets event.

**I- Jump**

**International Jumpers United Mentoring Program (I-JUMP).** The program goal is to promote physical activity and youth leadership development, increase awareness of the sport of jump rope, cultivate relationships across cultures and promote safe and respectful relationships.

Youth Workshops, workshops, afterschool programs and summer camps:

In ***Learning the Ropes*** youth learn:

* Basic. Intermediate and advanced jump rope skills
* Individual, single and Double Dutch instruction
* Healthy nutrition and wellness
* Strategies for violence prevention
* Conflict resolution, communication, personal responsibility, youth development and leadership
* Mindfulness and meditation techniques
* Time management and organization
* Healthy and respectful relationships
* Cultural Exchange opportunities

Coach Trainings

***Who Should Attend***:

Jump rope coaches, potential coaches, physical education teachers, and anyone looking to start a jump rope program at their organization, school, community center, childcare center or community organization.

Participants learn:

* how to start a Double Dutch club/team
* basic jump rope/ Double Dutch skills
* how to prepare your team for competition
* how to use jump rope to build community

Background:

In the summer of 2014 Davi Mozie began working with jump ropers and counselors at the Greater Ithaca Activities Center summer camp to promote increased physical activity, healthy and nutritious eating, anti- violence, and peaceful living. The sessions transitioned into the school year with continued skill building and activities including jump rope exhibitions, fundraisers and trips to the Double Dutch Holiday Classic 2014 in Harlem, New York.

It was around this time that the Ithaca’s Jumper Unity Mentoring Program (I-JUMP) was formed. The program goal is to promote youth leadership development, increase awareness of the sport of jump rope, cultivate relationships across cultures and promote safe and respectful relationships, and promote the sport of jump rope across Tomkins County.

In the summer of 2015 I-Jump @ GIAC collaborated with the Southside Community Center to support a jump rope learning exchange program. The GIAC jumpers acted as junior coaches to facilitate skill-building sessions and increase interest and awareness of jump rope in Southside’s afterschool program. Simultaneously, jump rope skill building sessions were held at the Southside Community Center to increase the number of young people interested in jump rope providing a viable cost efficient alternative to traditional sports programs. I-Jump@Southside was formed and the sessions culminated to a trip with both groups to the Double Dutch Holiday Classic 2015 in Harlem New York.

In the spring of 2016 the GIAC Jumpers participated in a shoe drive and pen pal exchange with jump ropers in Nairobi Kenya to support the prevention of jump rope related injuries and cultivate mutual respect. In a series of sessions the GIAC jumpers learned about global service, life as a jump roper in Kenya and the value of cross-cultural learning exchanges. That same spring, Davi Mozie visited Kenya to work with and learn from the coaches and jumpers in Nairobi and facilitate jump rope programs throughout the country. During this time a partnership with Davi Mozie (I-Jump) the Nairobi Waldorf School and the Jump Rope Association of Kenya was formed. Simultaneously, relationships with other jump rope focused programs and organizations were being cultivated. These include the International Double Dutch League (IDDL), Floyd Little Double Dutch, One World One Rope, all who are interested in promoting the sport of jump rope, youth leadership and development and advancing opportunities for cultural exchange.

Davi is working with educators to incorporate jump rope into elementary school science education objectives to ensure that every second grade student at Caroline Elementary benefits from jump rope. Lessons will be imbedded into the school day to promote increased physical activity while advancing education attainment. Additionally, young men housed at Finger Lakes Residential Center participate in weekly jump rope classes to support self -regulation, expenditure of energy and promote youth leadership development and team building skills. In these classes youth write jump rope lyrics and rhymes to support learning of school subjects for elementary school students.