La Pa crew are deadly skippers

THIRTEEN students from La Perouse Public School in southern Sydney have formed the Deadly La Pa Skipping Crew to show the value of exercise to other children, with help from the Heart Foundation.

The first Jump Rope for Heart outreach skipping demonstration team, the Deadly La Pa Skipping Crew was trained by the Heart Foundation in skipping drills and how to take care of their health with regular physical activity and a healthy diet.

Next month, the Heart Foundation will take the team travelling to schools in regional NSW. The goal is to help educate children about physical activity, healthy eating and heart health.

During the tour, the Deadly La Pa Skipping Crew will display their skipping routine and run skipping workshops with other students.

Launched last year in NSW, the outreach program builds on the 30-year history of the Heart Foundation’s Jump Rope for Heart, taking the initiative to schools that have not been able to participate, including in regional areas and schools with high Indigenous populations.

Close the gap

Heart Foundation NSW chief executive Kerry Doyle said the outreach program and skipping demonstration team are part of the heart health charity’s efforts to increase physical activity levels in children and close the gap in Aboriginal child health in NSW.

“Australian guidelines recommend children get a minimum of 60 minutes of physical activity a day, but 70% of children do not meet these,” she said.

“Some communities, including those with high Aboriginal populations, have even poorer health outcomes than the general community.

“By teaming up with La Perouse Public School to form this skipping team, we have a new way of getting the physical activity message out there to kids who need to hear it most.

“We hope the outreach skipping team inspires other children and shows them that being healthy is achievable and, most of all, fun.”

La Perouse Public School principal Dace Elletson said poor health and lack of physical activity were major issues for students.

“Being part of the outreach skipping team is an opportunity to boost our students' health and also their confidence,” he said.

“They will be leaders in spreading healthy lifestyle messages to the La Perouse community and their peers in other parts of NSW.”
Leading the way for better health: The Deadly La Pa Skipping Crew, back from left, Maui Mongta, Cruiz Gurleyen, Christine Withers, Iesha Duckett, Kiani Duckett, Lakeisha Jarrett and Shauntai Jarrett. Front from left, Coolalia Holten, Jermane Cheung, Carmen-Lee Ingrey, Lateia Duckett and Tori Wood-Ella.
The deadly La Pa skippers shows their moves.