

SUMMER OF SPORT

FOR



With a great summer of sport just around the corner, there couldn't be a better time to get together and hold a themed fundraising event, have fun, get active and raise money for a great cause all at the same time.

INSTRUCTIONS

1. Pick a day, week or two-week period for your event
2. Spread the word! Will your friends, families, or colleagues join you? Don't forget to put this poster up or share on your intranet/social media.
3. Choose your events and team names (we've added some event ideas to get you started overleaf). How about splitting participants into countries?
4. Ask competitors to donate to take part (£5 suggested donation) or raise sponsorship with an online fundraising page.
5. Keep track of who finishes first, second and third in each event.
6. Let everyone know what's at stake – will you offer a prize to the winning team?
7. Ready, steady, get sporty!

Don't forget to stick to government guidelines and social distancing

HOSTING YOUR EVENT

Need some inspiration? There are lots of ways you can get involved in Summer of Sport, but a few of our favourite activities include:

GARDEN GAMES

All athletes to the field!

- Athletics – take to the field and transform your garden, set up hurdles, or get your tape measure at the ready for the long jump or javelin with paper aeroplanes.
- Gymnastics – how many cartwheels can you do in 30 seconds? How long can you stay in a handstand?
- Balloon tennis/badminton – Federer or Williams – who will you channel? Blow up a balloon, create your court and game set match.

OFFICE STADIUM

No garden, no problem!

- Paper aeroplane javelin – sharpen up your aim to see who can throw the furthest.
- Teabag challenge – who can throw the teabag into the mug from the furthest distance? The perfect game for a team tea break.
- Sock shot put – who can shot put the most socks into the laundry basket in 1 minute?
- Discus disco – sporty not your style? Mix it up, host a dance party marathon and throw a few shapes! Award points for your favourite dance moves (bonus points for the sparkliest outfit).

THE GREAT OUTDOORS

Ready, set and go outside!

- Take to the outdoors and run, swim or cycle (it could be 10 lengths, 5k run or a 10k cycle). Link your fitness app, and get going – fastest time wins for each event.
- We love a step challenge – see who can walk the furthest in an hour.

HOW YOUR SUPPORT COULD HELP



£25 could pay for one hour of a Youth Support Coordinator's time to talk with a young person about whatever's on their mind and help them cope with anxiety and isolation.



£60 could pay for two hours of care from one of our specialist nurses, who are working tirelessly to support young people through cancer treatment – often when restrictions mean their parents can't be there.



£200 could go towards activities run by our Youth Support Coordinators, who've found amazingly creative ways to move events and groups online – bringing young people together virtually to support each other.



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www.teenagecancertrust.org



Teenage Cancer Trust is a registered charity: 1062559 (England & Wales), SC039757 (Scotland)

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Leaderboard

Assign points for each place (3 for winner, 2 for runner-up, 1 for third place) to pick your overall winner.

EVENT	TEAM	COMPETITOR	POSITION (1st, 2nd, 3rd)	POINTS
e.g. Sock shot put	Teenage Cancer Trust	Pip	1st	3

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