

9. Sponsored run

Idea: Running for a good cause

What? A charity run is a very popular fundraising idea. As with many other projects, such an event requires good organisational skills with regards to setting distance, time and conditions. It all depends on the location where you want to host the charity run. You can choose a short route, e.g. on the schoolyard, or choose any other suitable route. Prior to the event each runner searches for one or more sponsors, who donate either a fixed amount per lap/km/time or a lump sum. If you decide to raise money per completed lap and then calculate the amount afterwards, you need to have a good system to count the laps. One possibility is to have one/or more helpers stand alongside the track and fill in each student's tally on a sheet of paper. Another option is to simply have each student memorize their own laps or have them collect a rubber ring for each lap, so they can afterwards count how many laps were completed.

Checklist for a successful charity run:

- Acquiring potential sponsors (signing a contract) .
- You will meet at the appointed place, at the agreed time.
- First, rules and procedures are explained and remaining questions clarified.
- Next your PE teacher will gather all runners for a warm up and stretching session.
- Then you wait for the start and get ready. For the start you will be standing in rows and begin your run one.
- Once the signal is given you start running.
- When you are finished your completed laps/time/miles are filled into your sponsorship contract and go to your sponsor for money collection.

You can find further information on our website.

Why? With this fundraising activity you not only help disadvantaged children but also enjoy doing sports together with your classmates!

What you can learn? Team skills, athletic endurance, raising awareness for disadvantaged people, self-confidence.

