

## "The 21 Challenge"

Charity Reg No: 1167322

St. Margaret's Primary School's 21 Challenge - do 2021 your way!

Take on a challenge for 2021 to support your school and become an involved member of your PTFA! Get the whole family involved... everyone can do a challenge. Make 2021 the year for creativity and fitness!

Simply take on a challenge, personal to you, that involves the number 21 (or 202.1 / 2021 etc). This could be to run/walk/cycle 21 miles or learn to say hello in 21 different languages. See our list for more inspiration!

Set up a fundraising page or record your sponsorships on paper. Mark your progress off on the checklist provided. Share with your family and friends to let them know what challenge you are going to take on and raise as much money as you can. All funds raised will support our work in enhancing the opportunities for the pupils at St. Margaret's-at-Cliffe Primary School.

Click here to start your JustGiving Page: <a href="https://www.justgiving.com/stmargerets-atcliffeptfa">https://www.justgiving.com/stmargerets-atcliffeptfa</a>

Complete your challenge by the First day of Term 6 on Monday, 7<sup>th</sup> June 2021 (prizes will be delivered after this date)

- Everyone who raises £21 or more will receive a '21 Challenge Hero' certificate
- Raise £202.1 or more and receive a voucher for a treat from a local business
- Classes/Individuals raising £2,021 or more will get a mention in the school newsletter and a special class treat.



Don't forget to post your progress on social media!

**#STMP21Challenge** 



### 21 Ideas for your personal challenge

Participate Together, raise Funds and Add valv

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- 1. Walk or run 21 miles over the course of the Challenge (Tip: You can link your FitBit/Google Fit to the Strava app to record your activity, then link a JustGiving page to Strava to show your progress there!)
- 2. Bake and sell 21 cupcakes
- 3. 2,021 seconds of running (that's just under 34 minutes)
- 4. 21 days without sweeties or chocolate
- 5. Read 21 books
- 6. 21 minutes of skipping
- 7. Cycle 21 km
- 8. Draw 21 pictures
- 9. 21 laps of a park
- 10. Join with friends to collectively walk, bike or run 21 / 201.2 / 2,021 miles (Tip: You can use Strava here too)
- 11. Learn to say hello in 21 different languages
- 12. Do 21 different workouts
- 13. 21 hours on an exercise bike
- 14. 21 keepy-uppys
- 15. Ask 21 friends to donate £1
- 16. 21-hour sponsored silence
- 17. Climb the stairs 21 times
- 18. Offer a 21-minute virtual lesson (pilates, guitar, cooking) and donate your fee
- 19. Complete an obstacle course with 21 obstacles
- 20. See how many squats, sit-ups or press ups you can do in 21 minutes
- 21. Build a 2.1m (or higher!) tower of Lego

# 21 DAY CHALLENGE

TAKE ON A CHALLENGE FOR 2021 TO SUPPORT YOUR SCHOOL AND BECOME AN INVOLVED MEMBER OF YOUR PTFA!

START DATE			END DATE	
1	Į.	3	4	5
6	7	8	9	10
m	12	13	14	15
6	17	18	19	20
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### St. Margaret's-at-Cliffe Primary School PTFA



### 21 Challenge Sponsorship Form

Participate Together, raise Funds and Add value

Complete your challenge and collect all monies by the first day of Term 6 on Monday, 7<sup>th</sup> June 2021 - Pay them in to the PTFA just giving page – <a href="https://www.justgiving.com/stmargerets-atcliffeptfa">https://www.justgiving.com/stmargerets-atcliffeptfa</a>

Name	Contact Details	Amount	Paid?

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