



Naomi & Jack's Sports-a-thon



To take part - email Louise.Gough@naomihouse.org.uk



How to get involved

This sports day, why not host your own Naomi & Jack's Sports-a-thon at your school?

You can take part in as much or as little as you like, from holding a wear your best sports gear dress down day to going all out and having a full on day filled with sporting fun, Sports-a-thon is all about enjoying sporting activities, teamwork and having fun.

Sponsorship Ideas

Have a refreshments stand

Makes teas, coffees, squash and lemonade for the parents and ask for a donation

Wear your best sports gear

If you've got your favourite football team shirt or your best pair of trainers, bring in £1 for the chance to looking your sporting best for the day

Host a lunchtime bake sale

Make some cakes with your family to bring in and sell at lunchtime - a hospice favourite is a fairy cake with all the sprinkles on!

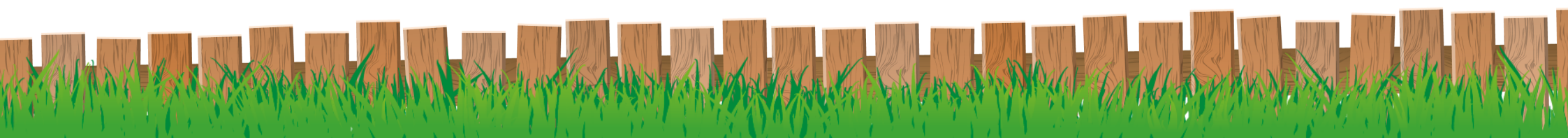
Have a school sponsored silence

Got any chatterboxes? Get family and friends to sponsor your silence for a day

Going cashless?

Set up a school Just Giving page or Facebook donate - check out our handy guide on how to set up a Facebook Fundraiser on our website -

www.naomihouse.org.uk/index.php/facebook-fundraisers



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Morning Activities

In the morning you could host a range of activities for the children to take part in—how about a point per activity completed for their house and £1 per activity in sponsorship? You could get the parents in to help run each activity, examples of activities could be:

Dribbling

Set up some cones, grab a football and get the students to dribble the football around each cone

Skipping

Lets get jumping! Get the skipping ropes out and skip for 30 seconds—know any cool tricks? Now's the time to show them off!

Hop Scotch

Got some chalk? Draw a grid with 10 boxes and get hopping!

Hurdles

Line up the hurdles and get the students to jump over them. Want to make it more challenging? Mix up the sizes or have an easy and a hard row!

Netball Shootouts

Get the students to stand at the mark and try to score a basket. You could have an easy, medium and hard marker for extra points!

Hula-hooping

Get the timer out and see how long each student can keep the hoop going for in 30 seconds

Don't drop the egg

Have an intense game of catch! Using a tennis ball (or a real egg!) get the students to throw it back and forth, widening the gap each time

Penalty Shoot Outs

Got a goalie? Give each student 3 opportunities to score a goal in the back of the net

Tight Rope Balancing

Get a bit of rope, lay it on the ground and get the students to walk along it

Afternoon races

Afternoon is race time! As well as earning points for your houses, how about getting sponsored extra to win? You could ask for £5 per race you win, £3 for second place and £1.50 for third. Or ask for £1 for every race you take part in!

100m Dash

Ready, steady, go! Line up and run as fast as you can for 100m

Beanbag Race

The ultimate balance race! Balance a bean bag on your head and try to make it to the finish line before it falls off

Relay Race

In teams of 4, pass the baton onto your team mates before the last person sprints over the finish line

Egg and Spoon Race

Get your spoons and tennis balls ready! Balance the tennis ball on the spoon and try to make it to the finish line without dropping the ball

Skipping Rope Race

Grab a skipping rope and skip your way across the line

Parent/Teacher Race

You're never too old to take part in sports day! Get your parents and teachers involved in a 100m sprint to the finish



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Our Sibling Support Services

“Siblings groups can help relieve isolation for some siblings by being with others who share similar experiences. Meeting others can also help to normalise their situation, thoughts and feelings.” - Jenny, Sibling Support Worker

Sibling support is a massive part of the services we offer. Not only is the child or young adult affected by their condition, but the whole family is affected. This means a lot of the siblings of a life-limited child won't be able to things like go to the park, go to the cinema or go swimming. They also can find it difficult to talk about what it's like to have a sibling with a life limiting condition because other children don't really understand what it's like. Coming to the hospices gives them the opportunity to have experiences as a family that they otherwise wouldn't have, and also to meet other people in a similar position to them. Read more about Jenny's work in Jenny's Feature - www.naomihouse.org.uk/news/family-support-team-goes-virtual-during-pandemic

What you raise could cover....

£28

Could cover an one to one sibling support counselling session

£114

Could cover a sibling support session

£528

Could cover a day of nursing care at the hospices



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