

Schools Challenge: 15,937 miles completed in 7 days and £12,136 raised – Do you want to be involved this year?

Sign up for the 2019 Children in Need Virtual Rickshaw Challenge

Further Information Pack

Welcome to the Virtual Rickshaw Challenge, following the success of last year's efforts in which Somerset schools took part in a virtual version of the BBC's Children in Need The One Show's Rickshaw Challenge. Organised by Somerset Activity & Sports Partnership (SASP) School Games programme. We are expanding this year and hope to bring this event to more schools around the Country.

What does the event look like?

This event is intended to be as simple as possible for schools and children to take part. The design of the event is up to you, we can share ideas of what others have done but it is what fits best with your school. Miles can be completed before school, during lunchtime and or in PE lessons in this week.

During Children in Need week in November 2019, the challenge for schools is to be active and attempt to achieve the 423-mile virtual rickshaw challenge. This can be done as a whole school (house/inter tutor/or within lesson competition). Teams can count:

- Distance to walk/scoot/bike to school
- Mile a day runs
- Fitness Suite challenges using gym bikes/treadmill/etc.
- Fun active school activities

Primary School example

The children were given a piece of card and completed their laps of the playground at lunchtimes, when a child collected 5 hole punches on their card this equalled a mile and they posted this in the office. Each class was allocated a different colour card so the office could tally which class had run how many miles. If they didn't complete their card each lunchtime, they put it back in their tray for the next day so they could continue.

Secondary School example

The school placed 2 static bikes in their reception area. They divided the school day into ½ hour slots and invited teams of 4 riders to enter into that time slot. The school took a picture of every team to display in their entrance and kept a live running total displayed. The team of 4 could decide how they wanted to use their time on the bikes. On the Friday it

was their annual Christmas Fete and with the distance accumulated displayed there was lots of extra donations for the efforts made.

However, if you have another way of achieving the distance of 423mile then that is fine too,

Do we need to collect sponsorship?

This is not a requirement to take part, however we do feel that it adds to the value of the event for the young people. It can simply be £1 per child minimum to enter the challenge, instead of for a non-school uniform day. However, most children last year were able to collect £3-5 each in sponsorship. In the secondary school one team raised over £120 for their ½ hour slot. We have prepared a simple sponsorship form that can be used **(see document in pack)**.

"We have had such a great week and the children have all been eager to complete their mile a day challenge. As a school we have never raised so much money for a charity. We have had such a great response. Thank you".

How do I record our entry?

Firstly if you have not done so already, register your school for the event here: www.sasp.co.uk/children-in-need-2019

The challenge is being recorded using the www.saspchallenges.co.uk platform. We have put together a 'Website Guide 2019' with all details on how to use this **(see document in pack)**.

What do I need to do?

- Follow the timeframes and instructions below
- Please share your success' and stories on social media and tag us in your posts
- Keep in contact with us and let us know of any questions/queries.

Timeframes and step by step instructions

Rickshaw Challenge Actions	Dates for your diary
Register to take part in the challenge at www.sasp.co.uk/children-in-need-2019	Sept – Oct 2019
Deadline for schools to enter challenge	25 th October 2019
Whole School Engagement <ul style="list-style-type: none"> - Communicate with parents and gain consent (see document in pack) - Gather motivation with teachers and prepare children. 	4 th – 15 th November 2019

Deadline to sign up to www.saspchallenges.co.uk website and create your school team	11 th - 15 th November
Tweet 1: Let people know you are taking part in the challenge (see document in pack)	11 th - 15 th November
Children in Need Week – Have fun and #MoveMore	18 th – 22 nd November 2019
Tweet 2: Tweet your stories and progress. Example tweet if needed.	Monday 18 th November
Record your daily miles on the website. *You can choose to do this day by day or at the end of the week. Use the handy spreadsheet print out to record the pupil's miles (see document in pack)	Tuesday 19 th November
Tweet 3: How many miles has your school completed so far? Example tweet if needed.	Wednesday 20 th November
Check the leader board table on the website to see how other schools in your County are doing.	Wednesday 20 th November
Enter all of your miles and money raised onto the website for the week.	Friday 21 st November
Complete the final survey with totals at www.sasp.co.uk/forms/view/virtual-rickshaw-challenge-2019 We will send out a reminder for this.	Friday 21 st November

If you have any questions, please contact Nancy Murdoch on nmurdoch@sasp.co.uk
For website enquiries, please email James on jgardner@sasp.co.uk

Documents included in information pack

- Website Guide
- Sponsorship Form
- Parent Consent Letter
- Spreadsheet to help you record your miles
- Social Media Guide