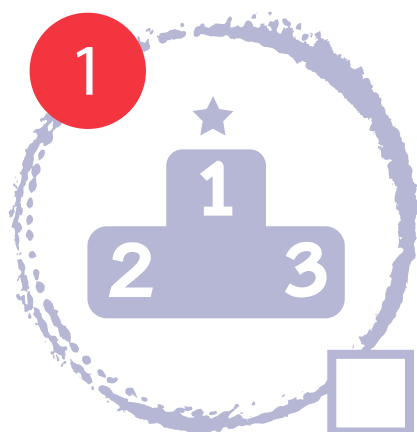


MONDAY  
9 MARCH – FRIDAY  
13 MARCH 2020

# 8 things to do this SPORT RELIEF schools



1 Launch a physical activity form leader board



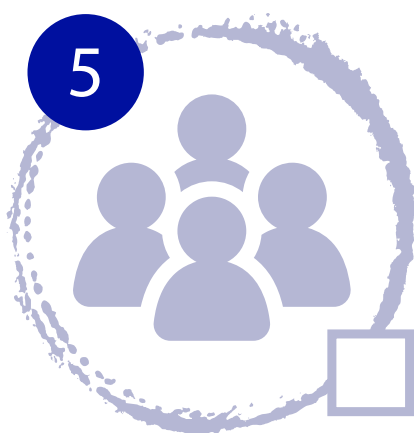
2 Walk or run the daily mile



3 Run a sports tournament



4 Walk or Bike to school



5 Organise an assembly about the benefits of exercise



6 Deliver sport club taster session



7 Register for free gym passes at Places Leisure



8 Organise a lunchtime fitness activity by streaming a YouTube video

To donate to Sport Relief for Get Maldon Moving, please visit [www.justgiving.com/fundraising/getmaldonmoving](http://www.justgiving.com/fundraising/getmaldonmoving)

For more ideas about health and wellbeing projects in the Maldon District, please visit [www.essexmap.co.uk](http://www.essexmap.co.uk) or contact [livewell.linkwell@nhs.net](mailto:livewell.linkwell@nhs.net)

 @MaldonDistrictCouncil  
@PlacesLeisure @Livewell

 #GetMaldonMoving #SportRelief2020

For more information, please visit [www.maldon.gov.uk/getmaldonmoving](http://www.maldon.gov.uk/getmaldonmoving)

