Before you hit the start line, take a look at our top tips for a brilliant day or week of events.

1 GET SPORT RELIEF IN THE DIARY
Sport Relief starts on Monday 9 March and builds to one big day of fun on Friday 13 March, when people of all ages across the UK will be getting their kit on to get moving and raise money. Get the dates into your school calendar and start thinking about what events you’d like to do throughout the week.

2 PICK A FUNDRAISING EVENT... OR TWO... OR THREE
You’ll find loads of fundraising ideas at sportrelief.com/schools so pick your favourites or have a vote.

3 ROUND UP YOUR A TEAM
As well as your fellow school council members, recruit classmates, teachers and parents to help get organised.

4 DOWNLOAD EVERYTHING YOU NEED
From posters and bunting to sponsorship forms and social media stuff, you’ll find loads of free downloads at sportrelief.com/schools

HOW YOUR MONEY COULD HELP

£5 could pay for a mosquito net to protect a child in Malawi from malaria while they sleep.

£10 could help a young man in the UK provide mentoring at school to a younger student in need of emotional support.

Sport Relief is an initiative of Comic Relief which is the trading name of Charity Projects, a registered charity in England and Wales (326568) and Scotland (SC039730). SR20_099
SPREAD THE WORD
Announce your events in assembly, put up posters, share your plans on social media and send out emails. Don't forget to tell people what you're doing, where, when and how much it'll cost to join in. You'll find ready-made assemblies and posters online at sportrelief.com/schools

HAVE FUN
When Sport Relief finally arrives, don't forget to relax and enjoy yourself. After all your organising efforts, make the most of the opportunity to dress up, run about and have a lot of fun (in return for a donation, of course).

PAY IN THE MONEY
When all the hard work is done, you can chill out, count up the cash, and announce the grand total. Then ask your teacher to pay it in. They can find out how at sportrelief.com/schoolspayin

GIVE YOURSELVES AN ENORMOUS CHEER
We think you're amazing, your schoolmates think you're amazing, your teachers think you're amazing. You're clearly amazing. Well done. And don't forget to look out for a special message from our Sport Relief VIPs, to honour you and your efforts.

SPORT RELIEF IN NUMBERS

2002
The first Sport Relief

OVER £4 MILLION
The amount schools and nurseries raised last Sport Relief

13.1 MILLION
The total number of people helped since last Sport Relief

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