

Pioneer Charity Challenge 2020

MAKE MAY MEMORABLE!

Inspired by the national #fiveforfive, this year's Pioneer Charity Challenge will be to complete **one of five possible challenges**: physical, creative, mental, emotional or social during the month of May.

Our hope is to generate a sense of community and togetherness so please get involved!

[**PLEASE WATCH OUR LAUNCH VIDEO - CLICK HERE**](#)

There are five age-appropriate challenges set for pupils:

Reception to Year 4

- Physical – complete five different animal walks around a room or your garden, e.g. hop like a kangaroo, stomp like an elephant
- Creative – create five pictures of your favourite things
- Mental – complete five puzzles such as jigsaws or word searches
- Emotional – learn how to say thank you in five languages and use them when speaking to your family
- Social – make five postcards with a picture on one side and a note on the other, and post them through your neighbours' letterboxes

Years 5 to 8

- Physical - run, walk or cycle 5km or miles (challenge yourself for miles)
- Creative - paint, draw, sketch or create through collage / clay etc. a piece of artwork of five things that make you happy.
- Mental – complete five Sudoku puzzles and / or five crosswords
- Emotional - write five post-it notes with thank you messages on to stick on things that people will find e.g. post person.
- Social – write letters / emails or call five people that you have not spoken to since Easter and ask them how they are.

Years 9 to 12

- Physical: complete **five** Joe Wicks workouts
- Creative – create a lockdown capsule. What **five** objects would you include and why?
- Mental – read **five** books, fiction or non-fiction and recommend the best one to **five** friends or family members
- Emotional – design your own mindfulness exercise and share it with **five** people
- Social – complete **five** random acts of kindness (such as helping a sibling with their school work or leading a family quiz)

Take your pick!

If you take part, you can **post it on Twitter** using @UCGSchool the following hashtags #:

- #MakeMayMemorable
- #PioneerFiveChallenge
- #5for5
- #ThankYouNHS
- #PioneerEduTrust
- @UCGSchool

OR

email your photo to: charity@pioneereducationaltrust.org.uk

The JustGiving page can be found here. Please donate and let's raise as much as we can for the NHS:
<https://www.justgiving.com/fundraising/pioneereducationaltrust>

So, what are you waiting for?

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