

# MGY TUTOR TASK

## KINDNESS



TOTAL RAISED: £120

## RUN 5K, DONATE £5 OR CLAP FOR CARERS/RAINBOW PICTURES

- Run for Heroes came up with a simple idea to raise money for NHS Charities Together, who support the welfare and wellbeing of NHS staff working on the frontlines to fight COVID-19.
- Run For Heroes asked people to do three things: run 5k (you can walk it too), donate £5 and then nominate five people on social media to do the same (we don't need to do this, as I've nominated us all!).
- Run for Heroes were aiming to raise £5,000 for NHS Charities Together – but they reached that target in just four days. At the time of writing, they have raised £2.6 million and are now aiming to reach £5 million.
- And because Run For Heroes is using Virgin Money Giving to raise money, more of the money donated is going directly to the charity. Virgin Money Giving runs their fundraising website [without virgin making a profit](#) – keeping the costs down for everyone!

# SO WHAT AM I ASKING YOU TO DO?

1. **Run 5k** and take a **selfie** when completed- this is to be done under Gov. guidelines and get a family member involved!
2. **Snap the evidence of the distance-** through a screen grab of your smart watch or download the strava app and record the run on your phone and screengrab that!
3. **Donate £5** here, <https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=RunForHeroes&pageUrl=5> and **take another screengrab** (If you have already donate to Captain Tom Moore for example, or If you have spent all your pocket money on lockdown sweets- create a poster of a NHS rainbow and pop it in your window-take a pic!)

## FINALLY

Then send back to me- your **selfie**, your **5k evidence screengrab** your **donation/rainbow creation picture screengrab** & I will collate all on a ppt (please send this from your school email address to mine) -Who will get the fastest time????

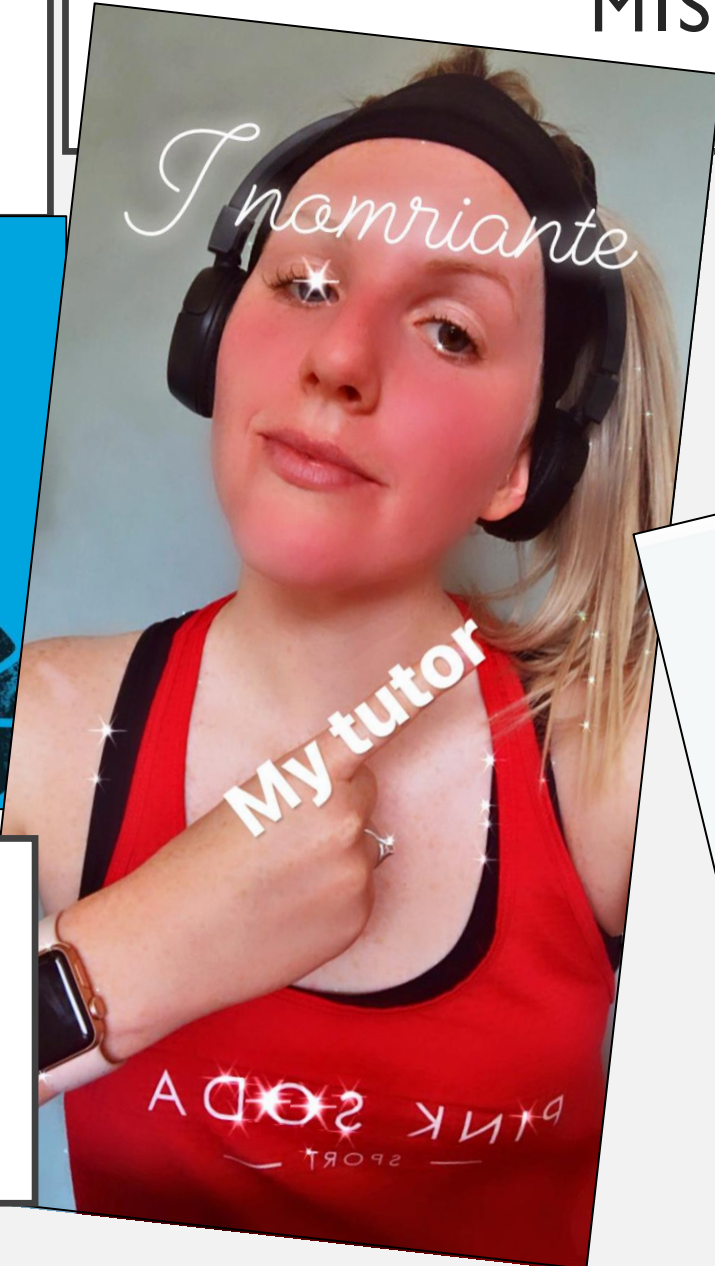
## OR

CLAP FOR CARERS- TAKE A PIC!!!

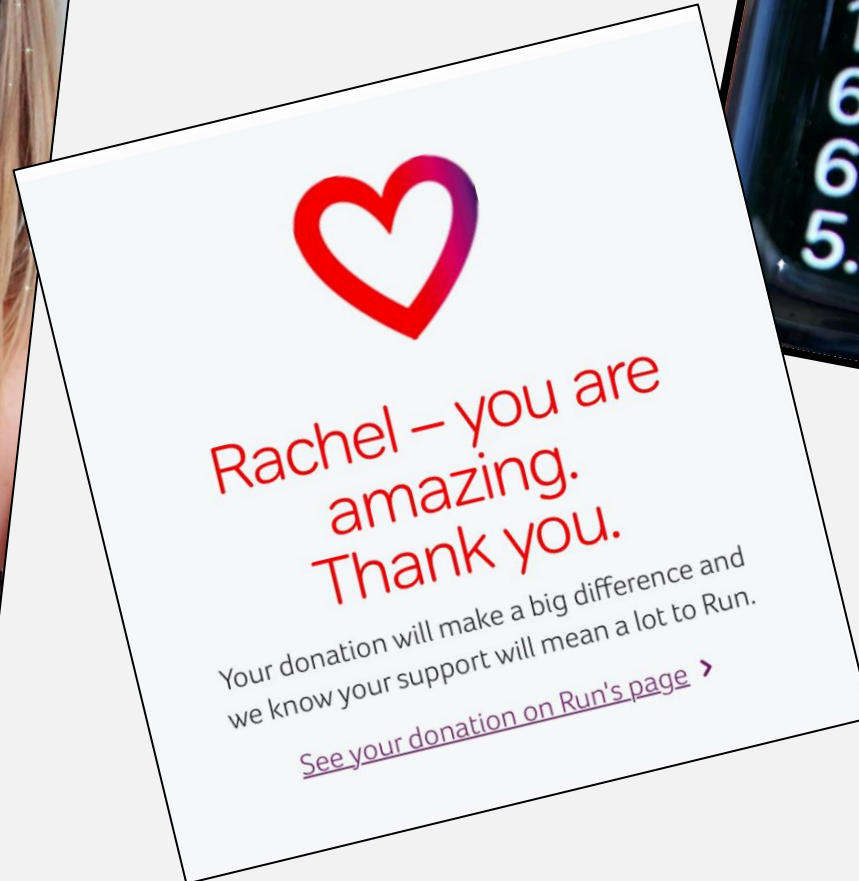
PAINT A RAINBOW-MAKE SOMEONE SMILE- TAKE A PIC!!!

£5  
COLONEL  
TOM  
MOOR

MISS MCGARRY



£5 RUN  
FOR  
HEROES





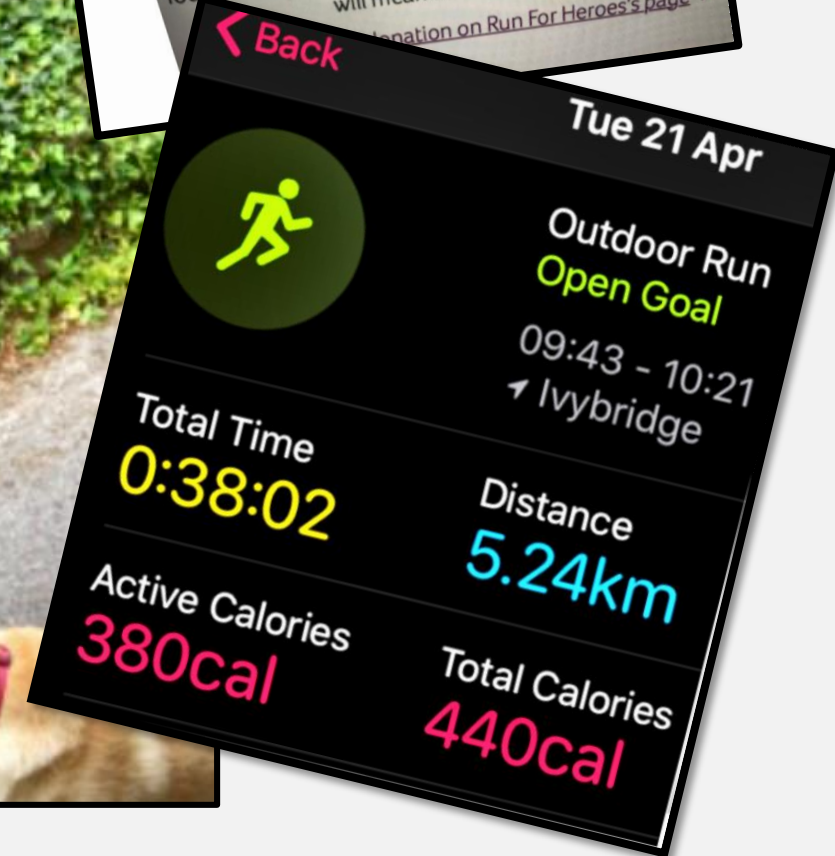
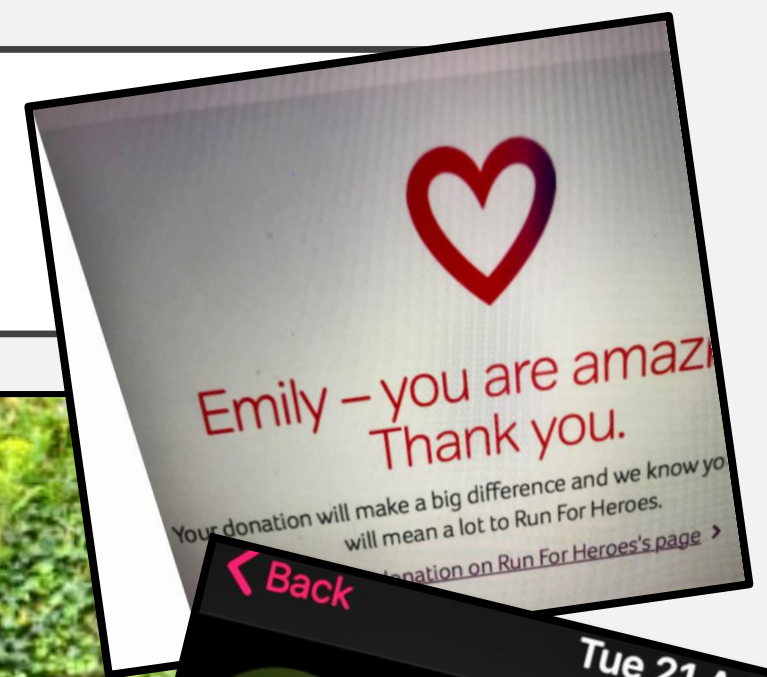
MADE AN  
NHS  
RAINBOW!

ALFIE ALLUM HODGE



£15 FROM  
EMILY,  
MUM &  
DOGGY

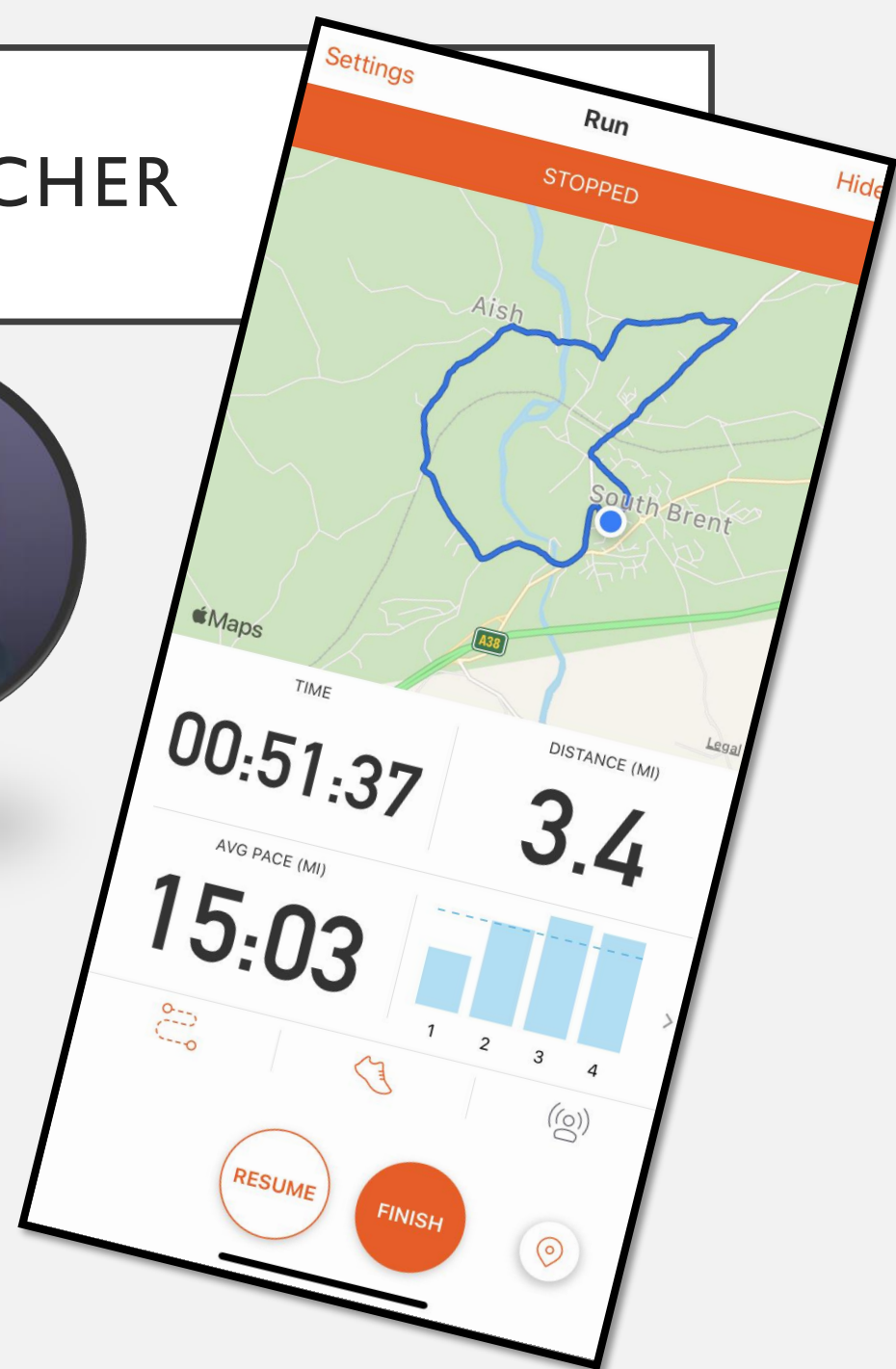
EMILY BARTON





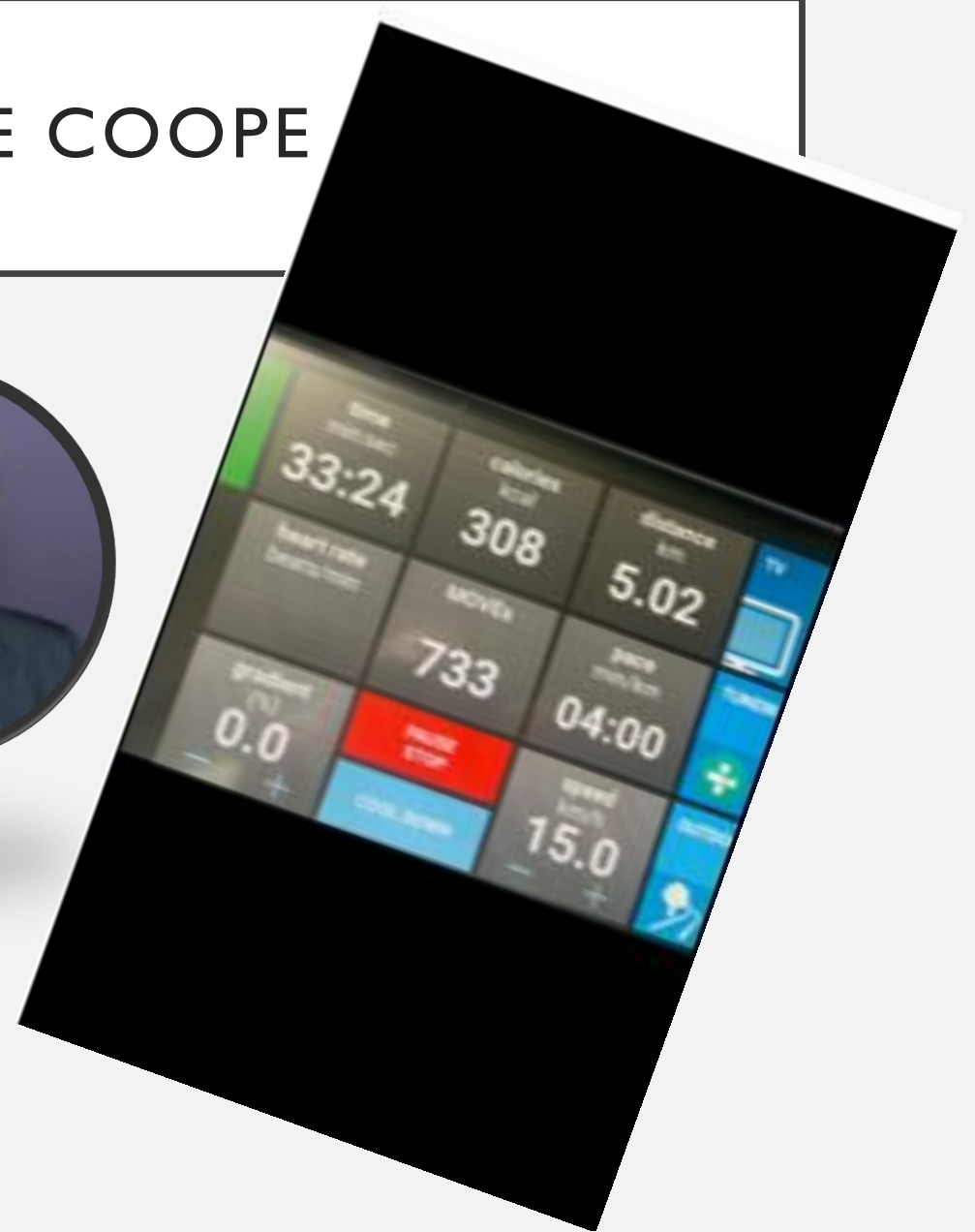
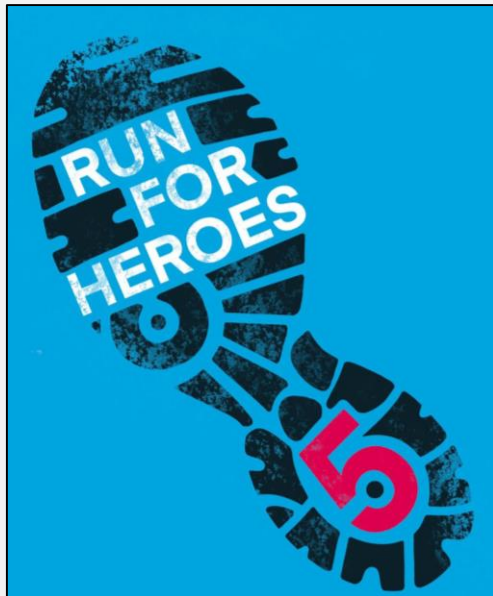
5.472K!

OLI BUTCHER



# TREADMILL RUN

JASMINE COOPE





# IZZY FARROW-JONES

IZZY CREATED A  
POSTER TO BE PUT  
UP IN THE  
CHILDREN'S WARD!



LEXI  
PAINTED A  
RAINBOW  
ON HER  
WINDOW  
FOR  
PASSERS  
BY TO SEE



LEXI HAWKINS



 **STAY AT  
HOME**

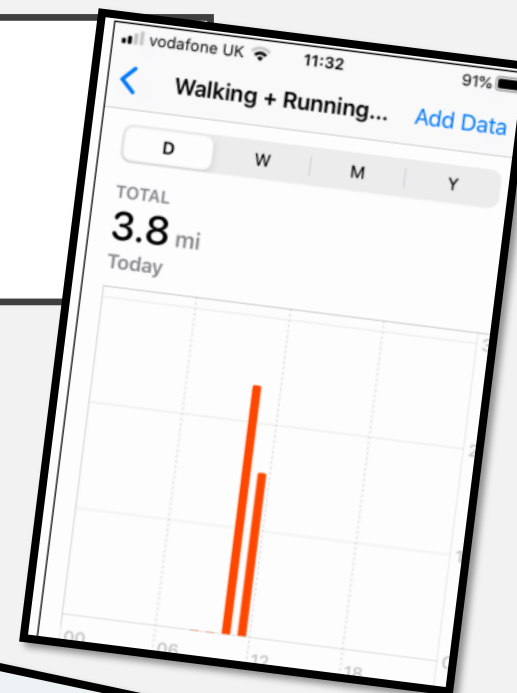
**PROTECT THE NHS**

 **save lives**



£5 RUN  
FOR  
HEROES

HUGO LOUCA



Thanks Mr Louca!



Chris – you are amazing.  
Thank you.

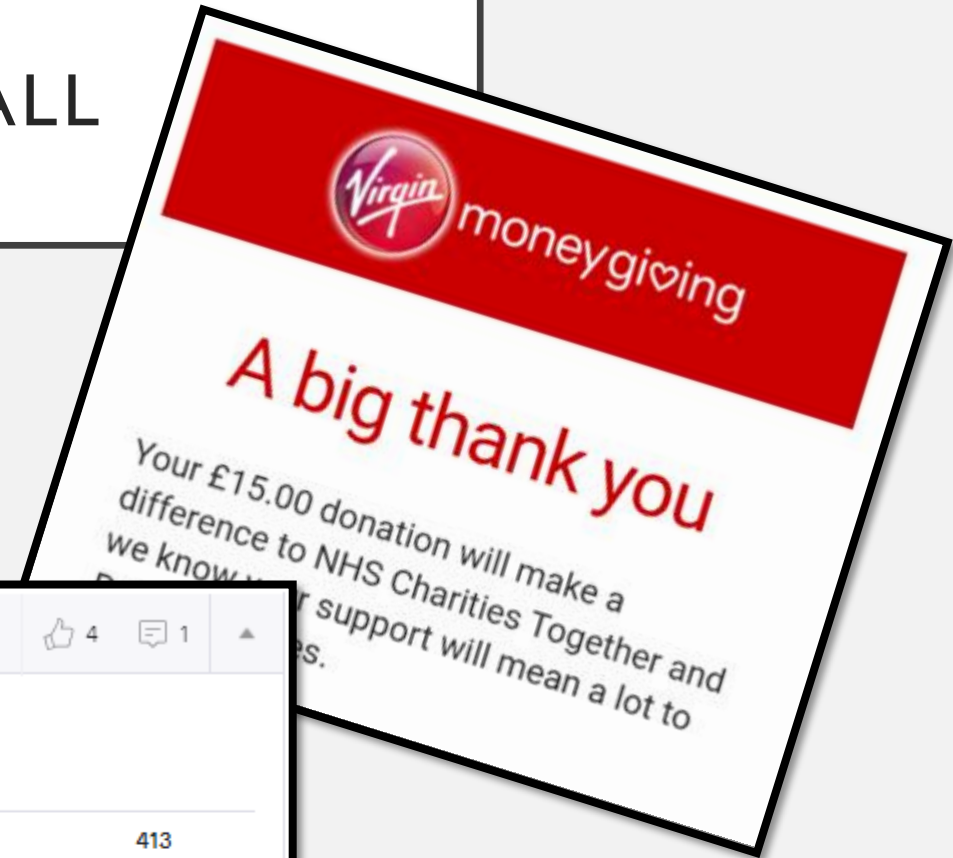
Your donation will make a big difference and we know your support  
will mean a lot to Run For Heroes.

[See your donation on Run For Heroes's page >](#)



£15  
DONATION!!

TOM MCDOWALL



## Tom McDowall – Run



7:39 AM on Thursday, April 23, 2020

## Morning Run

Add a description

With someone who didn't record?

Add Friends

STRAVA LABS  
View Flybys

3.28mi

Distance (?)

42:30

Moving Time

12:57/mi

Pace

Elevation

250ft

Calories

413

Elapsed Time

44:36

Perceived Exertion: Moderate

Strava Android App

Shoes: Brooks Levitate 2 (55.3 mi)

Runs on this route

This Run 12:57/mi

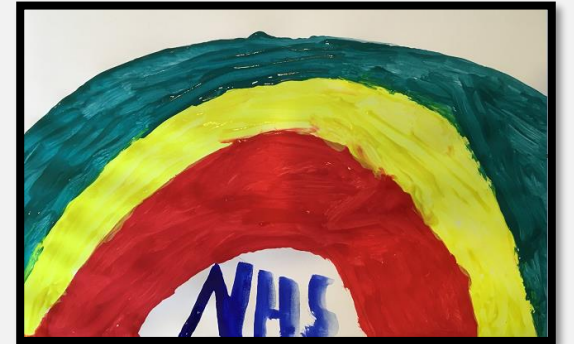


Nice Work! Run this route again  
to see how you're progressing.

[Learn More](#)

JAMES HAS ALSO  
BEEN SET A  
CHALLENGE OF  
RUNNING,  
WALKING OR  
RIDING BIKES  
COLLECTIVELY  
TO SCOTLAND  
WITHIN A  
MONTH (RUGBY  
ACADEMY)

## JAMES PULLAN



JACK HAS  
BEEN  
ACTIVE  
WITH  
REALLY  
LONG  
WALKS  
WITH HIS  
DOG EVERY  
DAY A

JACK TIDBALL





£5  
COLONEL  
TOM  
MOORE

JOSHUA WATERS

RUN  
FOR  
HEROES

