



A Tonne for Tom #100orMore !!!

Can you do...

“100 or more for Captain Tom Moore!?”

After the sad passing of 100 year old charity champion, Captain Tom Moore, can we carry on his legacy and from now until March 31st can you challenge yourself to do a

“100 or more, for Captain Moore?!”

You choose a 100 that best suits you...

have a go as many times as you like, challenge yourself!

It could be 100 family miles in a month (part of your Active Miles in school?); 100 laps of your track; 100 meters of hopping; 100 minutes of jumping on a trampoline; 100 keepy ups with a bat and ball... it may even be 100 keepy ups with a football, dressed as wonderwoman, balancing a Mini Mouse teddy on your head!!! (#girlsfootballinschools)

However you challenge yourself please challenge your friends, family, or teachers, on social media tagging your school and us at @LHschoolsport and show us how you do!

#100orMore

If you'd then like to donate to Tom's Charity, donate here:

<https://captaintom.enthuse.com/donate#!/>

If you'd like to, why not also continue our Children's Mental Health Week (1-7 February) and be creative and express yourself; through exercise, dance or by drawing and painting Captain Tom... or your silly brother doing his fancy dress fitness challenge!!.. and share it with us **@LHschoolsport**

