

## Big idea 7

### Health, physical education and sport fundraising

Health and PE Week is a great time to raise the profile of health, physical education and school sport within your school, and presents a great opportunity to fundraise for equipment, facilities or for charitable organisations with a health or physical education focus. Fundraising activities can either be organised by staff or students.

- Hold a disco in a suitable facility with an admission fee.
- Hold a performance night with an admission fee.
- Hold a long distance run or walk and sponsor runners for each kilometer completed.
- Conduct a marathon for your favourite charity or to raise money for your school.
- Conduct 'athons sponsoring students for each minute or hour complete. Some ideas include:
  - Fun-a-thon
  - Skill-a-thon
  - Dance-a-thon
  - Bike-a-thon
  - Jog-a-thon
  - Walk-a-thon
- Hold a sports quiz night with an admission fee and raffles throughout the night.
- Have a car wash for teachers' and parents' cars.
- Conduct a raffle of sports equipment or healthy food.