Friday 5th February 2021

Captain Sir Tom Moore

Captain Sir Tom Moore became famous when he raised millions of pounds for the NHS by walking 100 laps of his garden before his 100th birthday.

In April 2020 during the first national coronavirus lockdown, Captain Sir Tom set himself a small challenge to raise £1,000 for NHS charities by walking 100 laps of his garden before his 100th birthday. He raised £33 million and became famous all around the world!

Captain Tom has inspired many people. What a truly remarkable person!

In our assembly today we talked about how Captain Tom might inspire us. We have decided to have our own little 'Captain Tom Challenge'.

Can you set yourself a challenge of doing something 100 times? You could do it to raise awareness of something you care about. Can you take photos, write about your challenge and send it to us?

Here are some ideas for our Captain Tom Challenge.

- Post a photo on your or tweet 100 smiles or waves at people
- Tell 100 jokes
- Do 100 star jumps / burpees / press-ups / cartwheels / headstands / skips (not all of them!)
- Write down what you are looking forward to at the end of lockdown in just 100 words
- Complete 100 kind deeds by the end of the year
- Donate 100p of your own money to a charity
- Do 100 throw and catches
- Give 100 hugs to someone in your bubble
- Put 100 small bits of bread out in garden for wildlife.
- Write 100 (small!) notes of hope
- Clap 100 times for everyone
- Give your pet 100 strokes
- Do 100 good deeds / random acts of kindness
- Count 100 birds
- Learn to recognise 100 flags (phew!)
- Write a 100 word (exactly) story or poem
- Draw a 100 boxes comic story
- As a family donate 100 items to a charity shop
- Bounce a ball 100 times without dropping it
- Dance for 100 minutes
- Run quickly (on the spot!) for 100 seconds
- List 100 things you are grateful for
- List 100 things that make you smile (your family, food, drink, sunshine, friends, laughter, school, toys, etc – there's 8 for you already!)
- Build 100 models from Lego
- Collect 100 leaves

- Bake 100 cupcakes (yes please!!!)
- Do 100 keepy uppies!! (This is Mr. Marshall's challenge!)
- Recycle 100 objects
- Say 100 kind / thoughtful comments to other people
- Do 100 helpful things around the house for your family
- Run up and down the stairs 100 times
- Go for a walk for 100 minutes
- Find 100 interesting things whilst out walking
- Take 100 photos of you with your family doing something fun and enjoyable
- Design a £100 note with Captain Tom as the famous person on the note
- **We have saved the hardest to last - turn off your devices / tech for 100 minutes!**

Please share with us on your class pages or on Twitter any of your successful (or unsuccessful) challenges and tell us all what you would like to raise awareness about.

Give it a go. Be extraordinary like Captain Tom!

The Cale Green Team

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