



# BBEST

Batley & Birstall Excellence in Schools Together

April 2020



Links and contact details all correct at time of publication.

## #stayhomesavelives



Keep up to date with NHS advise [here](https://www.nhs.uk/conditions/coronavirus-covid-19/)

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## The UK's charities need your help

The Covid-19 pandemic has had a catastrophic effect with the cancellation of thousands of events and the loss of billions in income through fundraising events.

Here's how you can help ....

GET INVOLVED. GET INSPIRED



<https://www.twopointsixchallenge.co.uk/>

You can donate [here](#)

<https://uk.virginmoneygiving.com/giving/events/twopointsix/donate-now/>

**GET INVOLVED**

<https://www.twopointsixchallenge.co.uk/getinvolved.html>

# Do try this

## AT HOME

**Run 2.6 miles or kms (indoors, outdoors or on the spot!)**

**Hula hoop 26 times**

**Jump 26 times on a trampoline**

**Walk up and down your stairs 26 times**

**Do some gardening for 26 minutes**

**Do 26 press-ups – or 260**



**Hop on each leg 26 times**

**Get 26 pals together for an online workout – for 26 minutes**

**Put on some music and dance for 26 minutes**

**Complete 26 laps of the garden on foot, scooter or roller skates**

# Anyone can take on the challenge

All you need to do is dream up an activity based around the numbers 2.6 or 26 that suits your skills and complete it on Sunday 26 April – when the 40th London Marathon would have taken place.

This could be something as simple as pledging to run or ride 2.6 miles as your daily exercise, holding the plank for 2.6 minutes, to gardening for 26 minutes.

**#TwoPointSixChallenge**

Whether you're running around the balcony for 2.6 miles, doing 26 press-ups with the dog on your back or bench-pressing 26 kilos with your grandchildren, we want your help to save the UK's charities.

Help to inspire the nation by sharing pictures or videos of your challenge on social media using the official hashtag #TwoPointSixChallenge to be part of the campaign.

*Goof luck*

AND HAVE FUN