

# It's a **KNOCKout!**

## **35 YEARS, 35 CHALLENGES**

Hello Everybody!

OLSPCK has just celebrated its 35<sup>th</sup> birthday!

COVID19 has severely impacted our PTA's fundraising capability since March 2020. In normal times the PTA fundraises to cover extras that are not provided by the school budget, endeavouring to support items and projects that benefit children across all areas of the school and curriculum.

Like many other organisations, we have had to rip up our 20-21 fundraising plans. However, we feel strongly that we would like to enable our school community to come together to celebrate our College's 35<sup>th</sup> birthday. We are delighted to launch **The OLSPCK 'It's a KNOCKout! 35 Years, 35 Challenges'**.

Simply choose from the 35 challenging activities below or come up with one of your own, have fun and raise funds for the College PTA. Don't forget to send us your photos and videos before 18<sup>th</sup> May.

1. Host an **Afternoon Tea Party** for your family – serving sandwiches, scones and delicious homemade treats.
2. Sponsored **Beard Shave** – maybe big brother or Dad might be up for the challenge? Perhaps they could dye it before the 'big shave' as an extra way to raise sponsorship money.
3. **Backyard Movie Screening** - embrace the summer weather with an outdoor movie night! All you need is a projector, a bed sheet for the screen and outdoor space large enough to allow attendees to socially distance. Pick a 1980's movie, make the popcorn and relax.
4. **Come Dine with Me** – pick a theme, create your menu and get cooking for the family.
5. **1980's Kitchen Disco** – channel your inner Sophie Ellis Bextor and host an 80's disco in your kitchen. Mirror ball optional.
6. Eating Competitions – how many crackers can you eat without water or our favourite **Chubby Bunny Marshmallow Challenge**? Have you got the stomach for it?
7. **Face Painting** – not just for kids, get creative and get painting... 'Lions and tigers and bears, oh my!'
8. **'The Flour Challenge'** – TikTok famous during the 1<sup>st</sup> lockdown, get two lucky family members in front of a bag of flour on a table. Another family member (most of the time a parent) stands behind the participants, dipping their faces in the flour as an answer to certain questions (for example, questions about who was the messiest, most annoying, etc.)
9. **Games Night** – whether it's Charades, Monopoly or Pictionary, switch off your mobile devices and Netflix, sit back and enjoy a fun packed games night.
10. **Head Shave** – a brave and very popular way to fund raise. Maybe leave this one for the grown-ups!
11. **It's a Knockout** – the ultimate sports day for families. Create and build your own obstacle course in your garden. Make sure you have access to a hosepipe and several buckets of water!
12. **Pamper Day** – from face packs, manicures or back massages, charge your nearest and dearest for availing of your beauty services for the day.
13. **Culture Day / Night** – whether it's the music, the food or the culture, host a party.
14. **Karaoke Night** – time to stretch the vocal cords and host an 80's themed karaoke party. Ask Mum or Dad for some sample tracks from their mix tape collections!
15. **Keepy Uppy Challenge** – 35 minutes for our 35-year anniversary is your target, so get practising!

16. **5km Running Challenge** – get fit and get sponsored to run 5km in 35 minutes.
17. **No Make-Up Selfies** – whether it's for one day, a week or a month, give your skin a break and get sponsored to go 'au naturel'.
18. **Family Trivia Night** – pick your Kahoot quizzes, play one on one or split into teams, the choice is yours.
19. **Sponsored Silence** – even if it's only for 35 minutes or for a real challenge can you do 24 hours?
20. **Hula Hoop Challenge** - Grab your hula hoop, turn up your favourite tunes and get ready to feel the burn! Can you keep spinning for 35 minutes?
21. **Family Spelling Bee** - All you need to do is gather a list of words to be used for the competition, provide the correct pronunciation of each word, its definition and a sample sentence that uses the it appropriately.
22. **Summer BBQ** – Charge a small fee for your BBQ menu and hope the sun comes out.
23. **Beat The Goalie** – Bring the family together for a bit of friendly sporting competition with a beat the goalie game. Charge each person a small fee for taking three shots.
24. **Re-Create a Famous Movie Scene** – get busy and get creative to recreate some magical Hollywood movie moments from Star Wars, Harry Potter or the Sound of Music! Remember to send in your photograph.
25. **Bikeathon** – On the big day, set an agreed time with your friends to cycle outside for a certain amount of time or agreed distance.
26. **Give it Up** - what's the one thing you couldn't live without? Would your friends and family sponsor you to give it up for a week, a month or even longer?
27. **Host an Online Class** - Do you fancy yourself a star baker? Or have you found your inner yogi during lockdown? Whatever your hidden talent, host an online class for your friends and family.
28. **Dress Up for the Dishes** – with so many social occasions cancelled over the past year, we are challenging people to get glammed up to do the washing up, take the bins out or walk the dog. Get Insta ready!
29. **Take to the Virtual Stage** – are you a performer? Sing, dance or do some magic and send in your video to share your talents.
30. **Treasure Hunt** - Hide various household items in a park or along a set route, set a series of clues and ask individuals or teams from the same household to look for them.
31. **Ultimate Frisbee Challenge** – create a target for players to aim at, every time the disc lands on the target, the player gets a point. Wide, safe and open space essential!
32. **The Toosie Slide Challenge** – “*Right foot up, left foot, slide. Left foot up, right foot, slide...*”, we want to see your fancy footwork. If Anthony Hopkins could do it during the 1<sup>st</sup> lockdown, so can you!
33. **Bake 35 Cupcakes** – Why not make and sell some scrumptious sweet treats for your family to enjoy, in exchange for a donation to our fundraising campaign?
34. **Learn 35 words in a new language** – Did you know that 75% of the world's population does not speak English? So, break out the flashcards to enhance your foreign language vocabulary and have fun, all in a great cause.
35. **Plant 35 flowers** – With the warmer weather just around the corner, what better way to spend your time than enjoying some gardening, whether it's a window box or an entire flower bed, get creative, get planting and enjoy the great outdoors! Remember to send us your photos.

**We will welcome all efforts. They can involve any discipline: sports related, creative, educational, cooking/baking, community minded... the list is endless.**

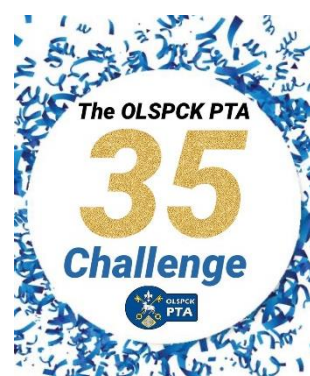
**The OLSPCK PTA 'It's a KNOCKout! 35 Years, 35 Challenges' will run for 35 days  
Wednesday 14<sup>th</sup> April-Tuesday 18<sup>th</sup> May.**

**Take images of yourself fulfilling your 35 Challenge and email to the PTA:  
[knockpta@gmail.com](mailto:knockpta@gmail.com)**

**Ask your family and friends to sponsor your 'It's a Knockout! 35 Years, 35 Challenges'. Upload your sponsorship monies to The OLSPCK PTA 'It's a KNOCKout! 35 Years, 35 Challenges' Just Giving page:**

**<https://www.justgiving.com/crowdfunding/olspck-pta-35>**

**Encourage your friends, classmates and teammates to get involved!**



We are particularly looking for **original ideas** and we have a fabulous prize for the most unusual entry, a £100 shopping voucher for Victoria Square! Best of luck and sincere thanks on behalf of your OLSPCK College Community.

Parents and family members are not obliged to submit photographs or videos but those who do should be aware that they are consenting to the College/PTA using these on the College/PTA website/social media channels and must abide by the requirements of the school's E-Safety and Digital Technology Policy.

*OLSPCK PTA*