

10 FOR 10

A pair of blue and black running shoes is shown in the foreground, resting on a dirt path. The background is a blurred image of a runner's feet in motion, suggesting a trail run. The overall scene is outdoors with a natural, slightly hazy background.

“Let’s get fit and raise money for our great local charities”

10 for 10 challenge

Tutor competition!



- The 10for10 Challenge is simple. The aim is to get fit, and help raise money for our great British charities that have missed out during each lockdown.
- We want everyone to set their own 10for10 Challenge – do 10 sets of something 10 times and get sponsored for it
- You could walk 10,000 steps, do 10 press ups or sit ups a day, or even run or cycle 10k. The only limits are your imagination. The 10for10 Challenge is for everyone.
- So what will you do?

What happens next?

- Your form tutor will set up a **JustGiving** page for the charity of your tutor group's choice
- You have 3 weeks from **Monday 26th April –Friday 14th May** to complete your 10 for 10 challenge
- Please take photos / keep records of what you are doing so we can see which tutor group is the winner!



- Our local MP, Guy Opperman is also taking part in the 10for10 challenge
- He's raising money for The Brain Tumour Charity and people can support him via <https://justgiving.com/fundraising/guy-opperman>)

MORE MR NICE GUY Minister who had brain tumour surgery celebrates survival by challenging MPs to get fit

EXCLUSIVE

Ryan Soley
9 Mar 2021, 23:47 | Updated: 7 Mar 2021, 0:02

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A MINISTER will peel off his shirt for his second COVID vaccine - showing off his super-fit charity challenge body.

Guy Opperman has signed up more than a dozen MP colleagues to take part in 'ten by ten' sporting endeavours to raise cash and get active.

Milton Keynes North MP to take part in running challenge to raise money for brain tumour charity

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Monday, March 8th, 2021 9:05am

Ben Everett, MP for Milton Keynes North, is taking part in the 10x10 Challenge to raise money for The Brain Tumour Charity.

The challenge has been set up by Pensions Minister Guy Opperman, who recovered from a brain tumour after collapsing in Parliament a decade ago, with Cabinet Members such as the Health Secretary Matt Hancock getting involved.

As part of the 10x10, Ben will run ten sets of ten kilometres across March and April in aid of the world's leading brain tumour charity and the largest dedicated funder of research into brain tumours globally.



Minister takes part in 10 for 10 challenge to help domestic abuse survivors in Swindon

By Nick Holmes | @Nick_Holmes



Telegraph

Peterborough MP taking on 10 for 10 challenge to raise vital cash for Sue Ryder Thorpe Hall Hospice

Peterborough MP Paul Bristow is hoping to get a perfect ten out of ten as he takes on a challenge to raise vital funds for Sue Ryder Thorpe Hall Hospice.

By Stephen Briggs

itv

North East MP launches charity challenge to mark 10 years since brain tumour diagnosis

TYNE TEES | AND FINALLY | SPORT | CHARITY | Monday 8 March 2021, 12:07pm



Hexham MP Guy Opperman launches charity fundraising challenge

By Simon Kirby | @simonkirby



Sun

GOV'S 10/10 Ministers taking part in '10 for 10' fitness challenge to help raise cash for good causes

Ryan Soley
13 Mar 2021, 16:17 | Updated: 13 Mar 2021, 16:17

3 Comments

ENERGETIC Cabinet Ministers are taking part in a fitness challenge to help raise cash for good causes.

Robert Buckland has accepted the '10 for 10' challenge to help domestic abuse survivors rebuild their lives.