

# July

## Sports Day



**Jessie May**  
Children's Hospice at Home.

This July, you could fundraise by:

- ★ Taking part in the Office Olympics
- ★ Holding a sports clothes dress-down day
- ★ Hosting a fundraising 5-a-side tournament
- ★ Having a strawberries and cream eating competition!

### Dates for your diary

- ★ 1st - 23rd - Tour de France
- ★ 3rd - 16th - Wimbledon
- ★ 7th - World Chocolate Day
- ★ 20th - 23rd - British Open (Golf)

*recipe for success!*

Events for your Office Olympics:

Paper aeroplane javelin

Desk chair rowing

Screwed up paper volleyball (over the divide between desks)

Rubber band archery

Synchronised swimming / rhythmic gymnastics, on swivel chairs

Ruler and rubber (in style of egg and spoon) race

Stapler hurdles

Speed typing race