

Team Tips

1st - 25th October 2024



**The
Star Jump
Challenge**

1

Head over to www.JustGiving.com/campaign/StarJump2024 and then clicking on the "Start Fundraising" button on the right hand side, to set up your connected JustGiving page.

2

Decide what time of day you plan to do your daily 25 star jumps together. If you're at a school then we suggest the first break of the day. If you're at a place of work then we suggest just before lunch.

3

If you're unable to do your star jumps at the same time then we suggest you set up a messaging group to tell each other when you've done your star jumps for the day.

4

Make sure everyone is familiar with how to do a star jump and is aware that there are 5 different levels they can choose from. You can share our tutorial video with your team by clicking here (<https://www.youtube.com/watch?v=4QpzoNhmZOg>).

5

With permission from everyone involved, take photos and videos of your team doing their star jumps to share online using #StarJump2024 and your specific JustGiving page link.

6

Print out the fundraising poster and put it up somewhere visible to lots of people, such as a community or staff notice board.

7

Email all your friends and family that you're doing The Star Jump Challenge and would they consider sponsoring you no matter how small the donation.

8

Check the main campaign page - www.JustGiving.com/campaign/StarJump2024 - to see how well your team is doing compared to others.

9

Post your specific JustGiving page link onto local social media groups.

10

To get extra donations, consider doing the superstar level of the challenge, which is doing 375 star jumps per day to signify the 9,360 people who have an amputation every year.

www.TheStarJumpChallenge.org



Charity no. 1171887/SC052248