

RACE FOR LIFE ASSEMBLY

SCHOOLS



Welcome to the assembly that will help beat cancer sooner. This will be an assembly they won't forget in a while; designed to help your students learn about Cancer Research UK, what cancer is and – most importantly – why they should join the fun and Race for Life at school.

RACEFORLIFE.ORG/SCHOOLS



ARE YOU READY?

INTRODUCTION (5 minutes)

A chance to introduce Cancer Research UK's Race for Life and the cause – helping to beat cancer sooner.

You could show this short film explaining how cancer starts when a healthy cell becomes damaged, and starts to multiply out of control: https://www.youtube.com/watch?v=m5_yo6uEeEc

Is there a teacher or student in this assembly who has been affected by cancer, who could share their experience? They could tell their story and explain why Race for Life is so important to them and how the whole school can join in and support Cancer Research UK.

AND WE'RE OFF!

ACTIVITY (7 minutes)

To bring the event to life and excite your students.

Show the students some of the 'Right Now' clips, to show just how much they are helping people across the UK by raising money for life-saving research. https://www.youtube.com/playlist?list=PLr5-SOgrB_UpW9WmYytal_rrLhTvld6-h

Show a picture of a Cancer Research UK scientist and a Race for Life runner and ask "who's the most important person?" The answer? They're just as important as each other. They're using all their skills and energy to help beat cancer sooner. Conclude by telling your students that Race for Life raises around £50 million a year, to support research, trials and experiments that will help beat cancer sooner. For more information about current research, trials and experiments, visit scienceblog.cancerresearchuk.org

KEEP GOING

INTERACTION (5 minutes)

A game everyone in the room can play, to help bring your students closer to the cause.

Section off a quarter of the room and ask them to stand up. Explain that out of the entire room, those standing are the only people who would have survived cancer 40 years ago.

Next, ask more students to stand so that half the room are on their feet. Explain that this is how many people survive cancer today, and with their help, even more lives will be saved.

Then ask everyone to stand. Explain that by the time they have grown up, Cancer Research UK's goal is that three quarters of people survive. But one day, we aim for every single person to survive. The money raised at your Race for Life will help Cancer Research UK get there. So finish by asking those who want to help – and take part in Race for Life schools – to stay standing.

YOU MADE IT?

PLENARY (3 minutes)

A chance to ask the more senior students if they'd like to help.

Suggest to GCSE PE students that they could help by creating a training plan for the event. If they present the plan to their PE teacher, it could form part of their coursework. Ask the older students if they would like to help organise the event and raise money. This could be something they could include on their UCAS personal statement or CV.

Finish by asking everyone in the room if they're ready to Race for Life. Thank your students, and remind them when the big day is.

