

The #DailyMileAtHome

(AND MAYBE AT SCHOOL!)

MONDAY 8 JUNE

Here we go with another week of fun ideas to keep you healthy and active.

Let's head outside to do The Daily Mile – wherever you are.

WHAT'S THE DAILY MILE ABOUT?

It couldn't be easier. The Daily Mile, at home or at school, is just 15 minutes of jogging or running at your own pace.

That's 15 minutes from your classroom or front door – you don't need to get changed and you don't need any equipment, just a safe space to get moving. All we ask is that you listen to your grown-ups as you go.

WON'T I GET REALLY TIRED?

It's good to get out of breath – that means your heart and lungs are working and getting stronger. But, if you need to slow down or walk for a bit, that's fine – just keep moving.

When you exercise, it makes you feel more awake and alert – and happier.

If you do The Daily Mile regularly, you'll get fitter. So if you find it hard at first, don't worry. Just keep going!

TELL ME ABOUT THIS WEEK'S CHALLENGES

While you're doing your Daily Mile have a go at the three fun challenges below.

If you'd like to share a picture of you doing the challenges, ask a grown-up to post them on Twitter using **#DailyMileAtHome** or **#DailyMileAtSchool**.

Most important of all – stay safe and listen to your grown-ups. Keep a safe distance from other people. Wash your hands regularly.



READY
SET
GO!

5 10 15 20
25 30 35
40 45 50

CHALLENGE 1

WAVE AND SMILE

Cheer everyone up by doing your Daily Mile with a big smile on your face.

Say hello to anyone you pass (from a safe distance of course!)

Give them a wave and see if you get a wave back.

CHALLENGE 2

START LIKE BOLT

Imagine you're getting in the starting blocks for a race.

Just like Usain Bolt.

Crouch down. Fingers on the start line. Stick your bum in the air. You're ready to go!

CHALLENGE 3

COUNT IN...

What numbers can you count in?

Can you count in 2s to 100? Or 5s?

Or 7s?

Can you count back from 100 in 4s?

Or... how about counting in fractions?
Or decimals?

TELL US ABOUT YOUR CHALLENGES ON TWITTER:

#DAILYMILEATHOME #DAILYMILEATSCHOOL

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EVENTS



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