



June Challenge

The Daily Mile

End the School Year with Energy - Get Ready for an Active Summer!

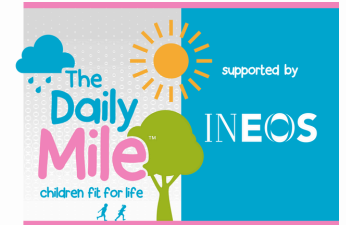


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About the Daily Mile



The Daily Mile is a simple initiative that **improves the health and wellbeing of children** all around the world.

The aim is to run, wheel or walk outside with friends for **15 minutes a minimum of 3 times** a week.



QUICK

15 mins in class time at least 3x a week



INCLUSIVE

Whole child, every child, free.



FUN

Run, wheel or walk outdoors together

The important thing is that it is **non-competitive** and not all about reaching a mile in distance, but rather a **social activity** for children to move at their own pace.

You can get free resources, support and access to the global Daily Mile community by registering [here](#)!



@thedailymile



@thedailymileuk



thedailymile.uk



5 Steps to set up your Daily Mile

BEFORE YOU START

1

Ensure that staff, children and parents know exactly what The Daily Mile is, its benefits, and that it's not competitive. More info [here](#).

PLAN YOUR ROUTE

2

There is no need to measure a mile. The ideal route allows children to complete approximately 10 – 15 laps within their 15 minutes – this way children enjoy running together, without anyone appearing to be in the lead.

3

WHEN TO DO THE DAILY MILE?

It works best when it is used as an 'active brain break' at a time that suites the teacher on any given day.

WHO DOES THE DAILY MILE?

4

Everyone! It's fully inclusive, and staff should support children by running with them. Children with additional needs should be supported too as appropriate. guidance on inclusion see [here](#).

5

KEEP IT SIMPLE!

It should always be kept social and fun. The main thing is that the children go out to run for **15 minutes a day** to get fit in the fresh air with their friends!





Bonus: The European Mile



To add to the fun, this month marks the start of the European Mile, a perfect way to finish off your MOVE Week and join the European community of runners, wheelers and walkers. Why not combine your efforts as a class, a school or a community and [register for the European Mile](#)?

TOP TIP:

Children could collect lollypop sticks as they complete laps of the playground together.



At the end of the 15 minutes, children add up their group's laps to see how far they have travelled as a team.

NOTE FOR TEACHER: counting laps is not about competing against each other, instead it is a way of uniting the group's efforts. Children should encourage each other to achieve together 'as a team'.





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How and when to add new HKms

Here is how students can add HKms in June:

- Collectively **measuring out a mile-long circuit** on the school grounds, and even decorating or adding signs to it!
- Taking part in the daily mile as an **active break**!
- **Proposing new activities** or movement styles, such as an egg-and-spoon mile or a frog leap race.
- Introducing the daily mile to family and friends.
- Taking **videos and photos** for social media using #DailyMile and #MovingSchoolsChallenger.





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How to

**LET THE
STUDENTS BE
THE LEADERS**

DETERMINING,
ORGANISING AND
RECORDING THE HKM

**DOWNLOAD
GUIDES AND
RESOURCES
YOU MAY NEED
AT MSC
WEBPAGE**

**PRINT A
MOTIVATIONAL
POSTER AND HANG
IT IN STRATEGIC
PLACES**

**PRINT AS
MANY
HEALTHY KM
REGISTERS AS
NEEDED**

**PLACE A
REGISTERING
TABLE IN EACH
CLASSROOM**

**SEE HOW
STUDENTS
ACHIEVE MORE
AND MORE HKM
EVERY WEEK**

***Don't forget to to record your activity on social media
to celebrate your success at the end of the month!
Hashtag: #MovingSchoolsChallenger***