



The #DailyMileAtHome resources to support physical activity

The Daily Mile Foundation team would like to send our very best wishes to the children, staff, parents and the community connected to your school. We hope you are all safe and well.

To support the health and wellbeing of children while they are at home, we have recently launched The Daily Mile at Home. The aim is to encourage children to participate safely with their parents/carers in The Daily Mile – 15 minutes jogging or running, front door to front door.

Every Monday, there will be three fun challenges for children to complete during the week. This week, they are being asked to do The Daily Mile at Home and:

- check their pulse before and after The Daily Mile
- wear blue to show support for the NHS
- do a different route to normal

We would love to see schools getting involved with these challenges – please share them with your school community and also join in on Twitter, Facebook and Instagram with **#DailyMileAtHome** and show how you have all completed the challenges. We're sure children would love to see their teachers taking part!

Link:

<https://thedailymile.us16.list-manage.com/track/click?u=0deaa532d6782b86bb2fc702d&id=13526a3954&e=edddde256d>