



The #DailyMileAtHome

WEEK 5 (MONDAY 05 MAY)



Calling all home school heroes!

For the next 260 hours, The **#DailyMileAtHome** is joining up with The 2.6 Challenge. There's more information at twopointsixchallenge.co.uk.

TELL ME MORE...

You can still do your The **#DailyMileAtHome** – 15 minutes of jogging or running at your own pace – but see if you can also dream up a challenge involving the numbers 2 and 6.

WHY 2 AND 6?

Good question.

The Virgin Money London Marathon was due to take place on 26 April and a marathon is 26 miles (and a little bit more). Usually, people raise tonnes of money for charities by running the marathon or doing other events all over the country.

We can't do these events right now. So, all sorts of organisations have joined up to support The 2.6 Challenge, as well as lots of celebrities, who are doing weird and wonderful things with a 2 and a 6. Take a look here for more ideas:

twopointsixchallenge.co.uk/inspiration

Plenty of people have raised money to help lots of charities and good causes – more than £7.5 million so far!



GIVE ME SOME IDEAS

Well, your challenge can be anything, as long as it's fun and gets you active (and doesn't break any rules about staying safe, of course). Oh, and it should include the numbers 2 and 6.

So, you could do your The **#DailyMileAtHome** and stop to do 26 sit-ups.

Or take a hula hoop and do 26 hulas (or is it 26 hoops?).

Or sprint on the spot for 26 seconds – or even 62 seconds if you're full of energy.

You choose – think 2, think 6... and see what you come up with!

DO I HAVE TO RAISE MONEY?

No, you can do your 2.6 Challenge for fun. But if you want to raise money for a charity, or maybe even your school, then you can. Head over to twopointsixchallenge.co.uk and find out how.

IF YOU'RE STUCK, HERE ARE MORE IDEAS:

- Do 26 (or 62!) star jumps
- Hold a plank for 26/62 seconds
- See if you can do 26 or 62 seconds of shadow boxing
- Can you do 26 press-ups? You might need a break halfway through!
- Jump around and do 26 or 62 bunny hops
- Twirl your arms and do 26, or even 62, windmills
- Feel the burn and go for 26 or 62 squats
- Do 26/62 one leg hops
- Can you manage 26 burpees? Surely no one can do 62 burpees... can they?

Whatever you choose, just remember to send us a picture at **#DailyMileAtHome** and at **#TwoPointSixChallenge** – we'd love to see you taking part!