

The #DailyMileAtHome

WEEK 6 (MONDAY 11 MAY)



Hello to all you home school heroes!

Well done to everyone who has taken part in The #DailyMileAtHome – we can't all do The Daily Mile together in school at the moment, but there are more and more children joining in at home.

Remember – taking part in The #DailyMileAtHome will help you stay healthy and happy!

WHAT'S HAPPENING THIS WEEK?

Here's the easy bit: keep up with your #DailyMileAtHome. That's 15 minutes of jogging or running at your own pace. And while you're doing your #DailyMileAtHome there are three fun Challenges for you to complete – check them out at the bottom of the page.

WHAT SHOULD I DO WHEN I'VE COMPLETED MY CHALLENGE?

Sit back, relax and congratulate yourself on a job well done. Oh, and if you could ask your grown-up to take a picture and share it using #DailyMileAtHome that would be great – we love to see you staying fit and healthy!

ANYTHING ELSE?

Yes, just one thing.

You guessed it – stay safe. Listen to your grown-up when you're out and about. Keep a safe distance from other people and wash your hands as soon as you get back home. Thank you for listening!



CHALLENGE 12

MONDAY 11 AND TUESDAY 12 MAY

CLOUD SPOTTING

Look up at the clouds above you. Don't they look amazing! How many different clouds can you spot?

Clouds have weird and unusual names like 'cumulonimbus' – see if you can find out more.

Send a picture of your favourite cloud to #DailyMileAtHome – we do love a nimbostratus!



CHALLENGE 13

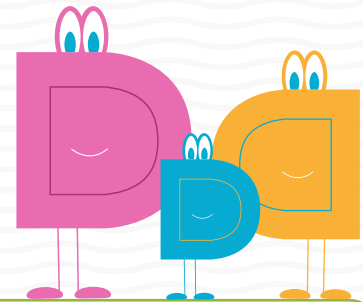
WEDNESDAY 13 AND THURSDAY 14 MAY

WEAR BLUE

Our #NHS is amazing.

Lots of people – doctors, nurses, surgeons – are working very hard right now to keep everyone safe and well.

Say 'thank you' by wearing blue – blue socks, blue caps, blue T-shirts, blue jumpers... you name it, you can wear it, as long as it's blue.



CHALLENGE 14

FRIDAY 15 MAY AND THE WEEKEND

INTERNATIONAL DAY OF FAMILIES

Today's a special day where people all over the world are celebrating families.

Everyone's family is different, but today is a day to think about what family means to you.

Then persuade the people you live with to head outside and do The #DailyMileAtHome together!

SHARE YOUR #DAILYMILEATHOME
REMEMBER TO SEND US A PICTURE AT THE #DAILYMILEATHOME!