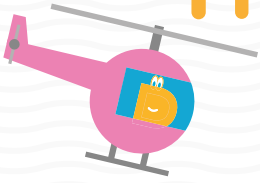


# The #DailyMileAtHome

## MONDAY 29 JUNE



Thank you so much for taking a look at The #DailyMileAtHome.

### WHAT IS THE #DAILYMILEATHOME?

Lots of children do The Daily Mile – 15 minutes of jogging or running, from classroom door to classroom door – at school. No special equipment is needed and you don't have to be in sports kit.

The #DailyMileAtHome is pretty much the same: it's a way to stay fit and healthy if you're not at school for now. Wear what you're comfortable in, head out from where you live and jog or run for 15 minutes.

If you do The #DailyMileAtHome regularly your heart and lungs will be stronger and healthier – and you'll be happier too. It's good for your body and your mind!

### WHAT ARE THE #DAILYMILEATHOME CHALLENGES?

Each week we set three challenges for you to complete during your #DailyMileAtHome. They help make it even more fun! It doesn't matter which day you do the challenges – it's up to you.

Ask your grown-up to take a picture when you do each challenge and share at #DailyMileAtHome – we love to see you taking part!

### WHAT ELSE DO I NEED TO KNOW?

It's very important that you stay safe. Listen to your grown-up when you are out and about. Keep a safe distance from other people and wash your hands as soon as you get back home.



#### CHALLENGE 1

##### DO THE MOBOT

Have you heard of Mo Farah?

Actually, Sir Mo Farah.

He's one of our most successful Olympic athletes of all time.

He had a famous celebration called the 'Mobot'.

Find out what it looks like and do the Mobot on your #DailyMileAtHome.

Send your pictures to us on Twitter #DailyMileAtHome – we'd love to see your Mobots!

#### CHALLENGE 2

##### CRAZY HAIR DAY

Time for something crazy!

Head out for your #DailyMileAtHome with the craziest hair you can manage!

Brush it the wrong way.

Spike it up with gel.

Twist it into messy bunches.

Slick it down with water.

Whatever you do – have fun on your #DailyMileAtHome and stay active!

#### CHALLENGE 3

##### TRAIN SPOTTING

How many different types of transport can you see on your #DailyMileAtHome?

You might spot a train.

Or a bike.

A motorcycle.

A lorry.

Or a scooter.

What else can you spot?

Extra points if you see someone on roller blades!