Save the Date

What? We want as many primary schools around Scotland to get moving on the same day to celebrate the positive benefits that daily activity has on physical and mental health.

We can't be together in person just yet, but can we get as many children as possible enjoying their Daily Mile on the same day?

When? Join the rest of the nation and do your Daily Mile ANY TIME BETWEEN 0:900-15:00 on FRIDAY 18th JUNE 2021

Why? Every signed-up school will receive a free, downloadable pack containing fun resources for the day.

Contact For more information and to register for the event, please visit: thedailymile.co.uk/school-signup/

The Daily Mile — children fit for life

scottishathletics

SAMH — for Scotland's mental health