The Daily Mile
children fit for life

TRACKER SHEET

Do The Daily Mile to earn Commonwealth Challenge Badges and show the world that your school is ready for the Commonwealth Games

10000m

100m and para 100m

10km Walk

110m Hurdles

1500m and para 1500m

200m

4 x 100 relay

400m

400m hurdles

5000m

800m

Decathlon

Discus and para Discus

Hammer Throw

Heptathlon

High Jump

Javelin

Long Jump

Marathon

Pole Vault

Shot Put and para Shot Put

Steeplechase

Triple Jump