



IS YOUR SCHOOL READY FOR THE COMMONWEALTH GAMES?

The purpose of The Daily Mile Commonwealth Games Athletics and Para-Athletics Badge Challenge is to help children to improve their physical and mental health by doing The Daily Mile, whilst learning more about The Commonwealth Games which take place this July in Birmingham.

We believe that children who think it's normal to run regularly will be more interested in learning about athletics and para-athletics and that's why The Daily Mile fits so well with the inclusive ethos and values of the Commonwealth Games.

HOW THE BADGE CHALLENGE WORKS

Each badge represents an Athletics event at the Commonwealth Games. To earn each event badge, the class needs to do two things – read the fact about the event, and do a Daily Mile. Once they have done both, they stick the badge onto the Tracker Sheet.

1. Download and print your Tracker Sheet and Challenge Badges
You can print the challenge badges in A4, but the Tracker Sheet needs to be A3 to ensure the badges fit.
2. Select an event badge and read the fact about the event it represents. Feel free to do more research on the event if desired.
3. Go out as a class and do your Daily Mile.
4. Now cut out the badge round the dotted lines and stick it on to the Tracker Sheet.
5. When you have completed all the badges, print out a certificate for each child in the class.



We very much hope that you all enjoy doing your Daily Miles whilst learning more about The Commonwealth Games. As part of learning about the Games, you may want to do more research on the Commonwealth – to find information in a child friendly format, click <http://www.youngcommonwealth.org>