

COMMONWEALTH GAMES LEGACY CHALLENGE



The purpose of The Daily Mile Commonwealth Games Legacy Challenge is to help children improve their physical and mental wellbeing by doing The Daily Mile, whilst helping to bring the Games to its next location.

THE CHALLENGE

The next Commonwealth Games takes place in Australia and we are challenging you to run there by doing The Daily Mile and learn interesting facts as you go. If you do The Daily Mile 3 times a week, the Challenge will last for around 7 weeks.

HOW IT WORKS

One Daily Mile = one step on the map!

You will see that The Commonwealth Games Legacy Challenge Map includes a 21-day virtual journey from Birmingham, UK to Australia, travelling via many of the countries that competed in the #Birmingham2022 Commonwealth Games. Through the map and accompanying passport, with your support children can learn about the landmarks, cultures and athletes from across the Commonwealth whilst engaging in their Daily Mile.

The challenge is flexible.

You can start and complete the journey at a time and pace that suits your setting, although we encourage you to capitalize on the energy of the Commonwealth Games as soon as possible. Research also suggests that children experience the most benefits to their physical and emotional health when taking part in The Daily Mile at least three times a week.



3 SIMPLE STEPS:



1.

Download your Commonwealth Games Legacy Challenge Map & Passport You can choose to download both documents in two formats:

A. Printable versions

To be printed at your setting and displayed in class or given to individual children/families.



B. Interactive versions

To be shown on interactive whiteboards or tablets.



2.

Go outside and do your Daily Mile!



Remember, The Daily Mile is a social physical activity, with children running, jogging, wheeling or walking - at their own pace - in the fresh air with friends. It takes just 15 minutes and is a non-competitive activity. See our website for more guidance www.thedailymile.co.uk

3.

Mark your progress on the map and learn about the world.



A.

You will see key landmarks along your journey. Once you reach these, use the passport to learn a fact and 'commonwealth moment' for each of these milestones.

B.

Facts are cross curricular with links to the Ks1 & Ks2 geography curriculum, but you are of course welcome to expand on these learnings with your setting.

Once you've completed your challenge there is a certificate that can be downloaded from our website and given out to children.

