



GLOBAL RUGBY CHALLENGE

The purpose of The Daily Mile Global Rugby Challenge is to help children improve their physical and mental wellbeing by running, jogging, wheeling or walking The Daily Mile, whilst also learning interesting facts about different countries along the way.

One Daily Mile = one step on the map!

Through the map and accompanying passport, with your support children can learn about the landmarks, cultures and answer questions about national rugby teams whilst engaging in their Daily Mile.



The challenge is flexible.

You can start and complete the journey at any time and pace that suits your setting. Research 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.

THREE SIMPLE STEPS:



Download your Daily Mile Global Rugby Challenge Map & Passport. You can choose to download both documents in two formats:

A. Interactive versions

To be shown on interactive whiteboards or tablets.



B. Printable versions

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



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



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

You will visit different countries along your journey. Once you reach these, use the passport to learn fun facts and answer a rugby question about each country



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

