

Olympic Day Daily Mile Teacher Guide



What is Olympic Day?

Olympic Day is an annual celebration on the 23 June to commemorate the founding of the IOC and the modern Olympic movement. It is an opportunity to spotlight the Olympic values and encourage people of all ages and abilities to get active and participate in sports, reflecting the Olympic Movement's commitment to promoting health, inclusivity, and international unity through physical activity and education.

What is The Daily Mile?

The Daily Mile is a free fun, inclusive and simple 15-minute activity that encourages children to move at their own pace (running, walking, wheeling) and enjoy the benefits of daily exercise in the fresh air with friends. The simplicity of the Daily Mile makes it accessible and enjoyable for all. And this Olympic Day, it gets a special twist! With over 45,000 children already signed up, this initiative highlights the power of movement to support health, wellbeing, and inclusion and the shared mission of the Daily Mile and Team GB Foundation to improve young people's physical and mental wellbeing.

Olympic Day x The Daily Mile

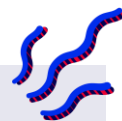
As part of this year's Olympic Day celebrations on 23 June, you will be joining an exciting nationwide initiative in partnership with The Daily Mile and the Team GB Foundation. Your pupils will take part in a special Olympic-themed Daily Mile and enjoy an assembly that draws on the inspiration of Olympic athletes and the values of the Olympic Movement.

As a teacher delivering The Daily Mile, your role is central in helping children experience the joy and benefits of daily physical activity and your efforts to make health and wellbeing a daily priority do not go unnoticed! By joining our Olympic Day celebrations, you will be supporting three key objectives:

- Inspiring pupils to stay active by sharing how movement can help them achieve their goals
- Promoting Olympic Values that apply both in and out of sport
- Recognising your school's commitment to health and wellbeing.

In sharing athlete stories and educational resources and encouraging movement through the Olympic-themed Daily Mile, your leadership will help bring the Olympic spirit to life and create a memorable day that encourages every child to move more and thrive.

Olympic Values



Excellence

Giving the best of yourself in sport and in life.



Respect

Looking after yourself, your sport and the environment.



Friendship

Building a peaceful and better world together.

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Step 1: Share the assembly

Kick off with an inspiring 15-minute assembly that introduces pupils to the Olympic Values and gets them moving like champions.

This can be delivered to the whole school or in class. A suggested assembly script can be found in the slide notes.

Resources

- Olympic Daily Mile Assembly PPT
- Olympic Mile Markers PDF



Step 2: Olympic Daily Mile takeover

Complete your usual Daily Mile, but with a special Olympic twist. Before you begin your Daily Mile, set out the five Olympic Mile Markers along your route. Pupils then complete their Daily Mile route with five Olympic Moves added in at the marked points:



The Swimmer – move like your favourite swim stroke



The Bouncer – hop, skip, jump or bounce to the next marker



The Baller – mimic your favourite ball sport (tennis, football, table tennis, etc)



The Bolt – sprint to the finish line



Finish strong with the Olympian's **Victory Pose**

When pupils reach an Olympic Mile marker, they need to change how they travel. Work with pupils with any mobility needs to adapt activities, ensuring they can participate fully.

Note: Athlete video demonstrations of each move can be found on slide 18 of the Assembly PPT. The video offers modifications to make each move accessible and inclusive for all.

Athlete visits

If your school is welcoming a Team GB athlete as part of your Olympic Day celebrations, here's what to expect. Athletes will:

- Be equipped with a training sheet to guide their visit.
- Practise each of the Olympic Moves with pupils during the assembly.
- This icon (👤) on the PowerPoint slides shows which ones the athlete will deliver.*
- Be prepared to answer questions from pupils.
- Join in the Olympic Daily Mile – moving alongside pupils or offering high fives and encouragement along the way.
- Help celebrate by handing out any school medals or stickers you have for great Olympic moves (not for winners, it's not a race!).

*Some athletes may be keen to lead the entire assembly, so be sure to discuss the format with them in advance.

Note: Olympic Day is designed to be exciting and meaningful with or without a visiting athlete. All resources work brilliantly as a standalone Olympic Day celebration.

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Suggested timings

The timings below are a suggestion to allow you to cover all the content. If you have an athlete visiting, please confirm exact timings with them beforehand, including arrival and departure times.

Athletes should not be left alone at any point. This keeps both the athlete and the children safe.

Duration	Activity	Guidelines for athlete visit
15 min	Arrival (if athlete is visiting) & set up	Have a member of staff greet the athlete at the main school reception and take them to where the assembly will take place. You may wish to do a quick briefing on arrival to go through how the event will run.
30 min	Assembly	Run by the teacher and/or athlete. Please discuss with the athlete beforehand what they are comfortable presenting. There may be time allowed for Q&A from the children at the end of the assembly.
15 min	Move to playground for daily mile	Teacher to guide the whole group to the playground or area where the mile will take place.
30 min	Daily mile with athlete (if visiting), children and school staff	Athlete may choose to participate in the mile or cheer on from the sidelines and support with showing the moves at the marked points along the way.
15 min	Final movements and departure (if athlete is visiting)	Children may wish to ask final questions, or the school may want a photograph at the end of the event. Make sure to ask for athlete's consent if any pictures will be taken and you communicate what the image will be used for (e.g. school newsletter)

Want more Olympic-themed resources?

If you would like to do more Olympic-themed activities on the day or would like to use Olympic-themed resources as part of your normal classes, sign up to [Get Set](#) for free cross-curricular resources.

Tag us in your posts!

If you would like to share your Olympic Day Daily Mile activity on social media, please tag the us in your post and use the hashtag #OlympicDay so that we can see all of your stories:

- The Daily Mile - @_thedailymile on X, @thedailymileuk on Instagram
- Get Set - @getsetcommunity on X, @getsetclub on Instagram
- Team GB - @teamgb on X and Instagram.

Make sure you have pupil/parent and athlete consent when posting any pictures of them online.