

## STEP 1

GET ACTIVE FOR 15 MINUTES AT HOME. IF YOU CAN GO OUTSIDE, DO YOUR DAILY MILE!

(PLEASE FOLLOW YOUR SCHOOLS' GUIDANCE)

## STEP 2

CROSS-OFF THE RELEVANT DAY TO GET YOU ONE STEP CLOSER TO WINNING SPORTS EQUIPMENT FOR YOUR SCHOOL

## STEP 3

HAND THIS LEAFLET BACK TO YOUR CLASS TEACHER AT THE END OF TERM

## THE BENEFITS OF PHYSICAL ACTIVITY

How The Daily Mile can help



It improves **bone health** and **muscle strength** in children



It enhances **fitness** and improves **heart health**



It helps **reduce anxiety** and **increases confidence**



It supports **self-esteem** and **happiness**



It improves **focus** and **concentration** and can help improve **classroom behaviour**



It reduces **body fat** and promotes **healthy body composition**

The benefits of being active are clear but we know that one third of children are active for less than 30 minutes a day. Global recommendations from the World Health Organisation outline that children should be doing 60 minutes of physical activity every day.



### What is The Daily Mile?

The Daily Mile is 15 minutes of self-paced running or jogging with your child. If safe to do so, it should be done outside in the fresh air with the supervision of a responsible parent/career. We understand that if you are self-isolating you are not able to get outside, but 15 minutes of physical activity inside the house can be done instead of the Daily Mile to help you complete the map.

Find out more here:

<https://thedailymile.co.uk/parents-and-carers/>

### Commonwealth Challenge Competition

The Commonwealth Games are coming to Birmingham in 2022. We need to prove that Birmingham's children are ready for the Games by being as active as possible in the lead up to the event. Your child's school has been doing The Daily Mile to improve health and wellbeing of children, but now we need your help.

### How?

Complete the 50 day virtual journey in this leaflet to enter a competition to win £350 worth of sports equipment for your child's school. Simply place a cross on the map for each day that you complete The Daily Mile. Hand this leaflet back to your class teacher at the end of term to enter the prize draw.

Why not tweet some pictures of your Daily Mile adventures using the hashtag #DailyMileBum. Good luck.



## COMMONWEALTH CHALLENGE

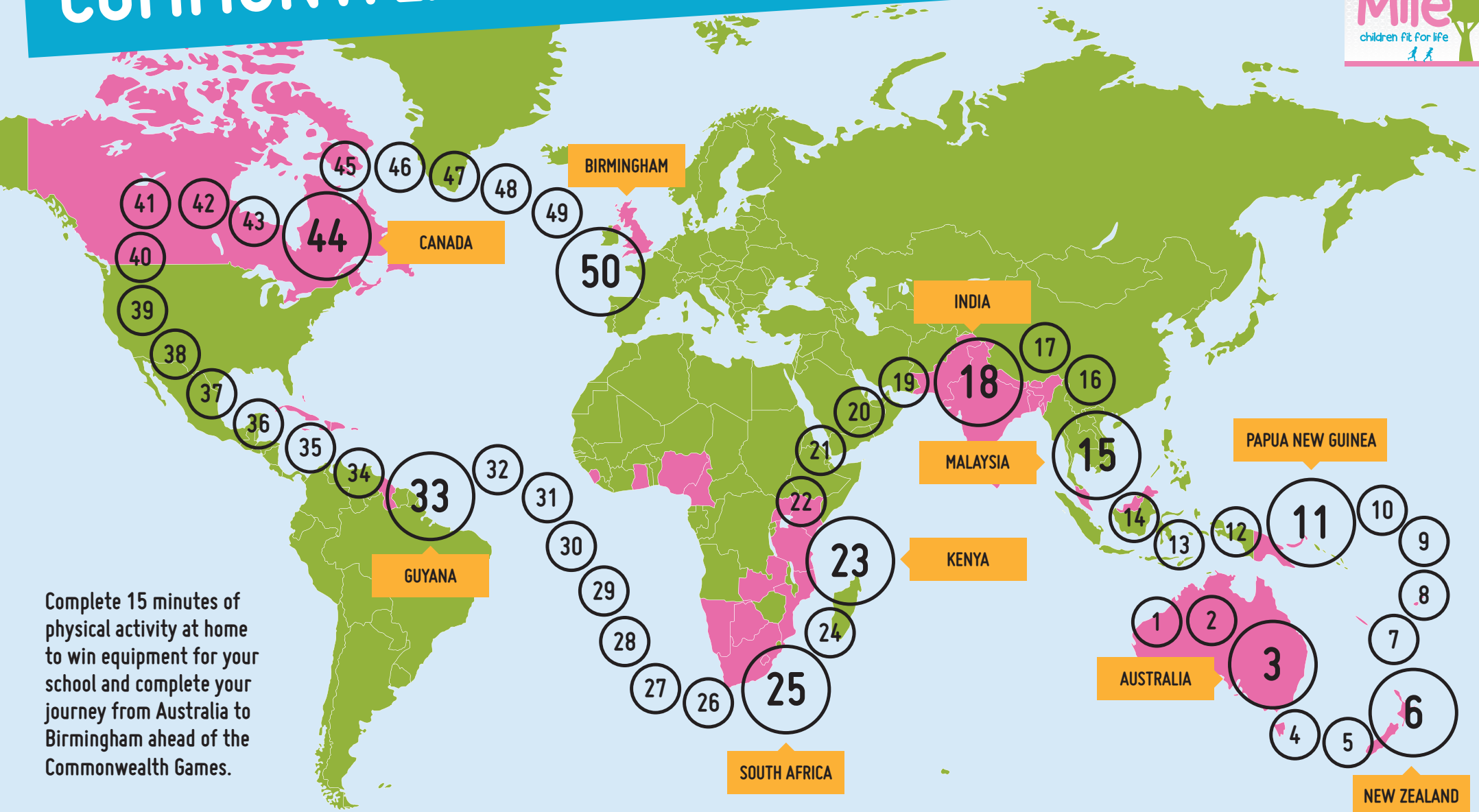
### DAILY MILE COMMONWEALTH CHALLENGE MAP

STAY ACTIVE AND HAVE FUN BY RUNNING YOUR DAILY MILE AT HOME TO WIN EQUIPMENT FOR YOUR SCHOOL AND COMPLETE YOUR JOURNEY FROM AUSTRALIA TO BIRMINGHAM AHEAD OF THE COMMONWEALTH GAMES.

IF YOU ARE ISOLATING AND CAN'T GET OUTSIDE, THAT'S OKAY – GET ACTIVE AT HOME FOR 15 MINUTES, AND COUNT THAT INSTEAD!



# COMMONWEALTH CHALLENGE



Complete 15 minutes of physical activity at home to win equipment for your school and complete your journey from Australia to Birmingham ahead of the Commonwealth Games.

