



The Daily Mile™ Assembly



10 Core Principles



QUICK



FUN



100%



WEATHER



ROUTE



RISK



WHEN TO GO



CLOTHES



OWN PACE



SIMPLE

How much do you know?



Hands on your head

TRUE OR **FALSE**



Hands on your hips

“I have to run a whole mile”

FALSE

WHY?

- Everyone goes at their **own pace** so you can run, jog, or even walk to catch your breath
- However far you can run in **15 MINUTES**
- Each time you'll be able to go further and faster

“It helps me to pay attention in class”



WHY?

- Exercise makes our heart beat faster which means more oxygen can get to our brains!
- Whilst exercising, our brains release special chemicals that help with memory and concentration
- Our brain needs regular breaks to be able to work at its best

“We can’t go out if it is raining”

FALSE

WHY?

- We can still do The Daily Mile- we just wear our coats
- Fresh air is good for us!

“We will have lots of fun”



WHY?

- You are outside
- You are with your friends
- Your teachers can join in
- Being active makes us happier

The Daily Mile™ Destinations

15 minutes, 15 countries, 100 days



The Daily Mile™ Destinations

15 minutes, 15 countries, 100 days

10 core principles
Your steps to Daily Mile success

- QUICK
- FUN
- 100%
- WEATHER
- ROUTE
- RISK
- WHEN TO GO
- CLOTHES
- OWN PACE
- SIMPLE



Fact Sheet

This fact sheet can be used to support your Daily Mile first outdoor journey, showcasing simple facts about each of the 15 countries.

Destinations	ENGLAND - Stonehenge	FRANCE - Eiffel Tower	ITALY - Colosseum	RUSSIA - St. Basil's Cathedral	EGYPT - Pyramids of Giza	INDIA - Taj Mahal	CHINA - Great Wall of China	JAPAN - Mount Fuji	AUSTRALIA - Uluru	SOUTH AFRICA - Table Mountain	BRAZIL - Christ the Redeemer	CHILE - Easter Island	USA - Grand Canyon	CANADA - Niagara Falls							
ENGLAND - Stonehenge	Stonehenge is a prehistoric monument in Wiltshire, England, consisting of a large number of standing stones arranged in a circular pattern.	FRANCE - Eiffel Tower	The Eiffel Tower is a wrought-iron lattice tower on the Champ de Mars in Paris, France. It is named after the engineer Gustave Eiffel, whose company designed and built the tower.	RUSSIA - St. Basil's Cathedral	St. Basil's Cathedral is a Russian Orthodox church in Moscow, Russia. It is famous for its colorful, multi-tiered onion domes.	EGYPT - Pyramids of Giza	The Great Pyramids of Giza are a complex of three pyramids located on the Giza Plateau, west of the city of Cairo, Egypt.	INDIA - Taj Mahal	The Taj Mahal is a white marble mausoleum in Agra, India. It was built by the Mughal emperor Shah Jahan as a tomb for his favorite wife, Mumtaz Mahal.	AUSTRALIA - Uluru	Uluru is a large sandstone monolith in the Northern Territory of Australia. It is a sacred site for the Anangu people.	SOUTH AFRICA - Table Mountain	Table Mountain is a flat-topped mountain in Cape Town, South Africa. It is one of the most iconic landmarks of the city.	BRAZIL - Christ the Redeemer	Christ the Redeemer is a Christ the King statue in Rio de Janeiro, Brazil. It is one of the New Seven Wonders of the World.	CHILE - Easter Island	Easter Island is a small island in the Pacific Ocean, Chile. It is famous for its numerous moai statues.	USA - Grand Canyon	The Grand Canyon is a massive natural gorge in the United States, carved by the Colorado River over millions of years.	CANADA - Niagara Falls	Niagara Falls is a group of three waterfalls at the southern end of the Niagara River, which flows from Lake Erie to Lake Ontario.

CLASS PASSPORT

School & class name

What is Daily Mile Destinations?

- ✓ The aim of Daily Mile Destinations is for each classroom (teachers and pupils) to work together to complete 100 days of The Daily Mile
- ✓ Classrooms compete to reach all of the destinations and fill their classroom passport
- ✓ Once classrooms reach a destination, it's time to add your destination sticker to your passport as proof of your visit

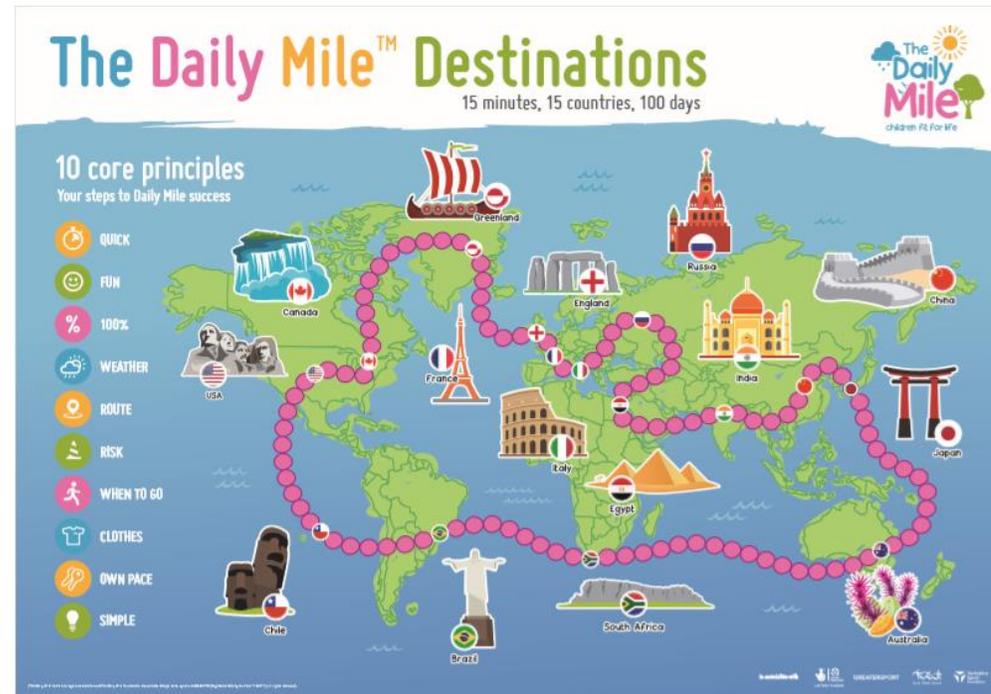


Lets take a closer look!

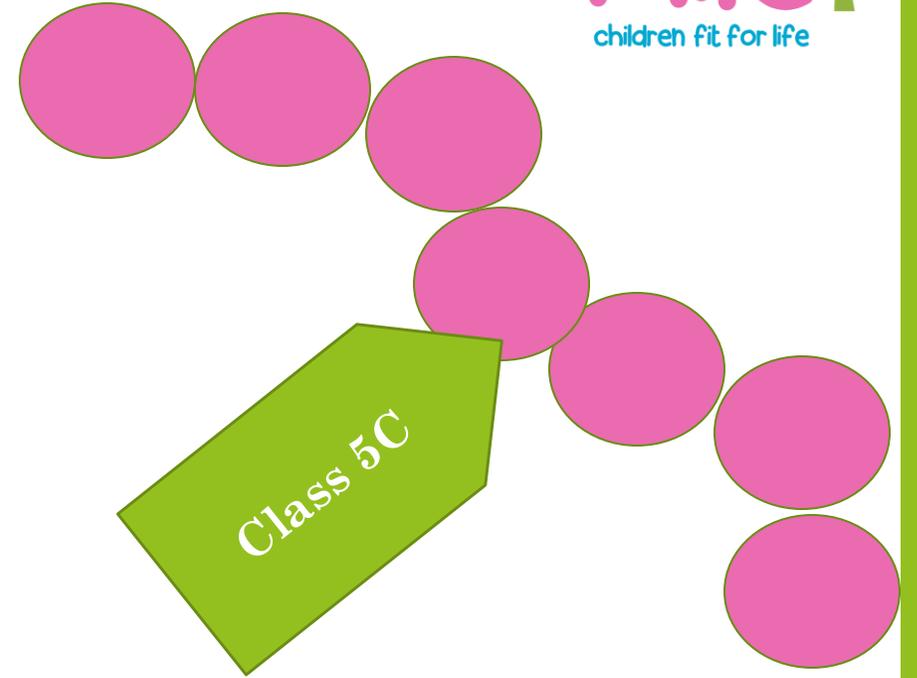


1. The Map and The Marker

- ✓ As a classroom you can start your journey at any destination on the map...the choice is yours
- ✓ Let's say you decided to start in England. It would take you two Daily Mile Days to get to France



What about the marker?



1. The Map and **The Marker**

- ✓ Each classroom get their own marker to move around the destinations map
- ✓ Be sure to you add your classroom name to the marker
- ✓ Every time you complete a Daily Mile Day, move your marker closer to your new destination

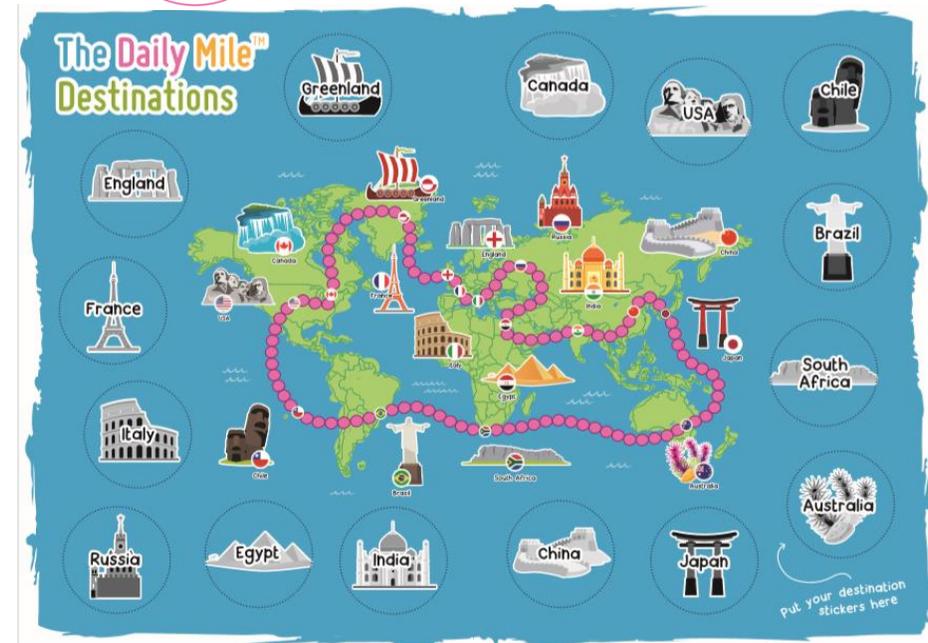


Passports Please!!!



2. The Classroom Passport

- ✓ Place the classroom passport in your classroom for everyone to see
- ✓ Each time you reach a NEW destination, add a sticker to your passport
- ✓ Remember there are 15 stickers to collect



Certificates & Fun Facts!

3. Certificates for show.

- ✓ Each time you reach a new destination, your class receives a new destinations certificate
- ✓ Added to this, there are some **fun facts** to learn and questions to conquer for each destination
- ✓ For example...



And Finally..!

4. ...If my class collects all the stickers?

- ✓ Your school may want to turn this into a competition between all the classes
- ✓ This could involve fun physically active prizes???



Where will your next destination take you?



So... are you up for the journey to travel the world?



#DailyMileDestinations



The Daily Mile™ Destinations

15 minutes, 15 countries, 100 days



#DailyMileDestinations

in association with



GREATERSPORT



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