

# The #DailyMileAtHome

- Children in more than 7,000 schools across the UK do The Daily Mile as it keeps them healthy and it's fun, free and simple. Because it fits with the government's coronavirus guidelines, you might like to try it at home.
- The Daily Mile at Home is 15 minutes of walking, jogging or running at your own pace from your own front door. You should only do it alone or with members of your household, avoiding crowds. Keep local and don't drive.
- When doing The Daily Mile, schools follow our guidance in order to ensure that it works well. We've rewritten this guidance below so you can do it at home, while always following the government's advice.
- By the way, no-one ever has to do a mile! It's called The Daily Mile because, in the 15 minutes they take in school, most children will run and jog for a mile. But the distance really doesn't matter, and you can walk, jog or run at your own pace.



Our guidance reflects the government's advice and will be altered as and when required.

## Doing The Daily Mile at Home



### STAY SAFE

At this time, always obey the government's guidelines about keeping your distance from people – at least 2 metres – who are not living at home with you.



### FUN

Enjoy an outdoor break with your children, every day, and feel better for it.



### INCLUSIVE

Anybody who is allowed to go outdoors can do The Daily Mile. Stay together in your household group/bubble.



### WEATHER

We all need to try and get outside each day so dress for the weather and enjoy the Spring.



### WHERE TO DO IT

Use routes directly from your front door avoiding crowded places such as parks. Or, if you have one, you may decide to stick to your garden.



### QUICK

It takes around 15 minutes. Depending on where you live, do it for the amount of time that suits you best while following government guidance.



### WHEN TO GO

Once a day. It's usually best to go when you or the children feel the need to be outside, but you can choose to make it part of a daily set routine if you and they prefer that.



### CLOTHES

No kit is required – unless you want to change – just wear your normal clothes. Everyone should wash their hands when they get home.



### YOUR OWN PACE

The Daily Mile is never a race – you just move in the way that suits you and your household best, whether that's running, walking or jogging.



### SIMPLE

No need to make it complicated – just enjoy being outdoors doing some physical activity with your children.