



# The Daily Mile Summer Challenge!



# What does the mile do?

The Mile is a daily exercise that gets your heart beating faster and fills your brain with oxygen. It also helps you concentrate during lessons therefore giving you better test results.



# Maths facts about the mile

- An Average child takes about 2000 steps during the daily mile whereas an adult does in 2024 steps.
- In KS2 the whole school runs or walks 360 miles a day- that's the average of 14 marathons!
- On average ks2 at Dorridge Primary School run 2644 marathons in one year.



# Your Challenge is.....

Your challenge is to continue the Daily Mile throughout the summer holidays. Take a picture of you and your family running the mile where ever you are : on the beach, in the park or even in the mountains. Make sure your picture is clear, creative and is full of your family and friends. You will not only be keeping your fitness levels up, but you will also be encouraging your family and friends to get fit too!!

The entries need to be in by the Thursday you get back to school. You can email your photo to School or ask your parents to upload it to our Facebook page.





Good



Luck!

