Level 1
(Younger)

The Daily Mile
Activity Grid

Feel your heartbeat
pre & post Daily Mile.
Discuss findings.



Express pre & post Daily Mile **feelings** descriptively (tired, fresh, happy).



5-Finger breathing activity
(or similar) with relaxing music.



Create a tracker for the class's daily or weekly laps or miles, such as a counter or sticker chart.



Over to you!
Pupil led Daily Mile activity.



Create a fun, energetic **chant/song** capturing the spirit of The Daily Mile.



Create a bird's eye view **map** of your Daily Mile route.



Hot seat! Teacher (TV presenter) to 'interview' a pupil (athlete) following your Daily Mile.



Spot minibeasts/wildlife
on your daily mile. Discuss habitats and the importance of your school grounds!



Level 2
(Older)

The Daily Mile
Activity Grid



Compare heart rate
pre & post Daily Mile. Discuss physiological effects of exercise.

Articulate pre & post-Daily Mile **emotions** using engaging adjectives.



5-Finger breathing activity
(or similar) paired with pupils' choice of music.



Create a tracker for the class's daily or weekly laps or miles, such as a counter or sticker chart.



Over to you!
Pupil led Daily Mile activity.



Create a fun, energetic **chant/song** capturing the spirit of The Daily Mile.



Create a bird's eye view **map** of your Daily Mile route with labels and a key.



In pairs, **interview each other** as if you were a TV presenter and athlete following your Daily Mile.



Identify elements of nature on your Daily Mile route. Discuss sustainable and renewable energy sources.



Congratulations!

Name _____ Date _____

You have successfully completed

The Daily Mile

Activity Grid

