Scamper through the Seasons

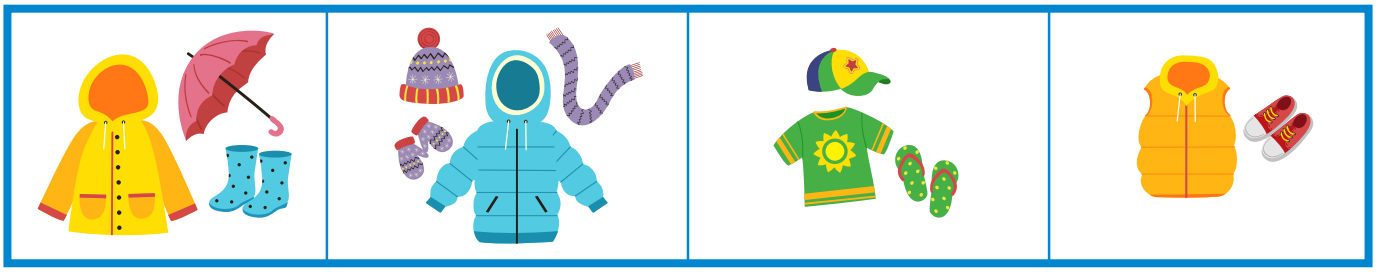
3-5 years

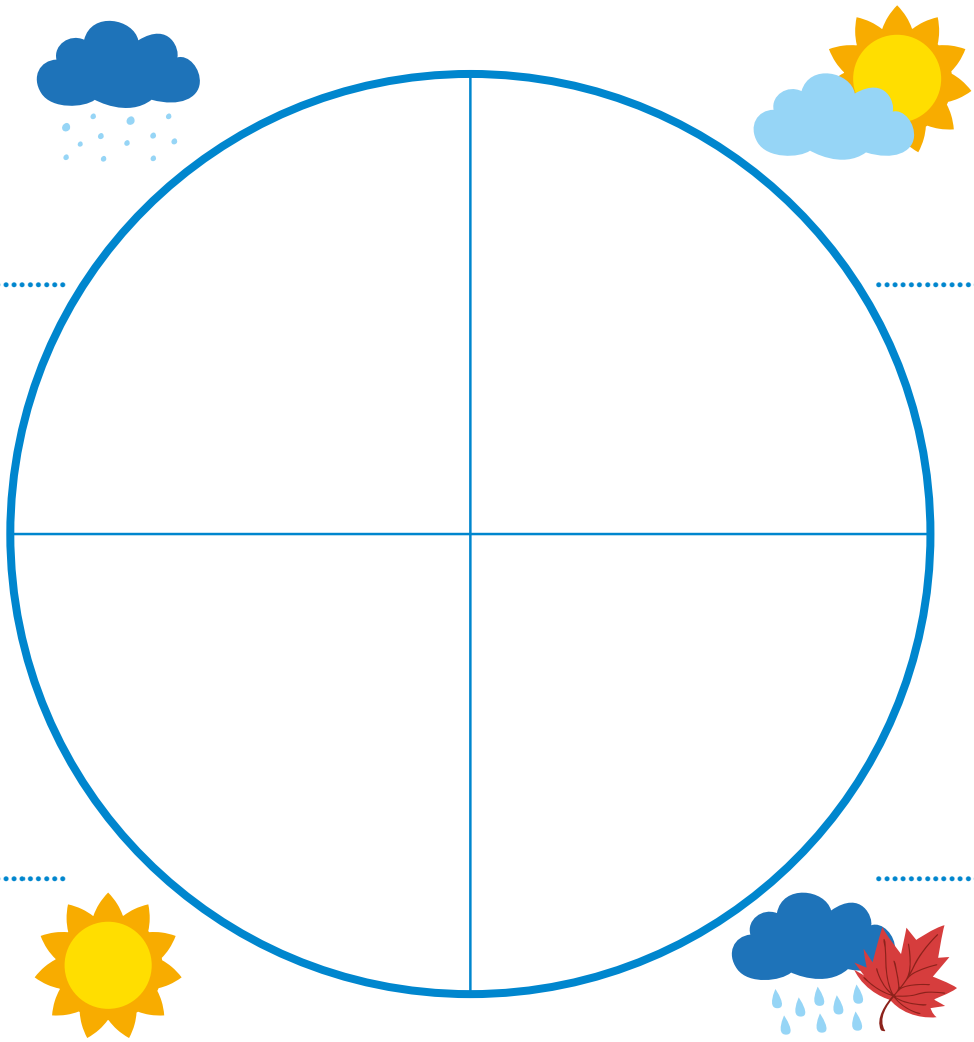
the Daily Mile

Powered by London Marathon Foundation

The Daily Mile can be enjoyed in all seasons! Cut and stick the items in the correct section in the Seasons Wheel below then label each season.

Word bank: autumn • spring • winter • summer





Scamper through the Seasons

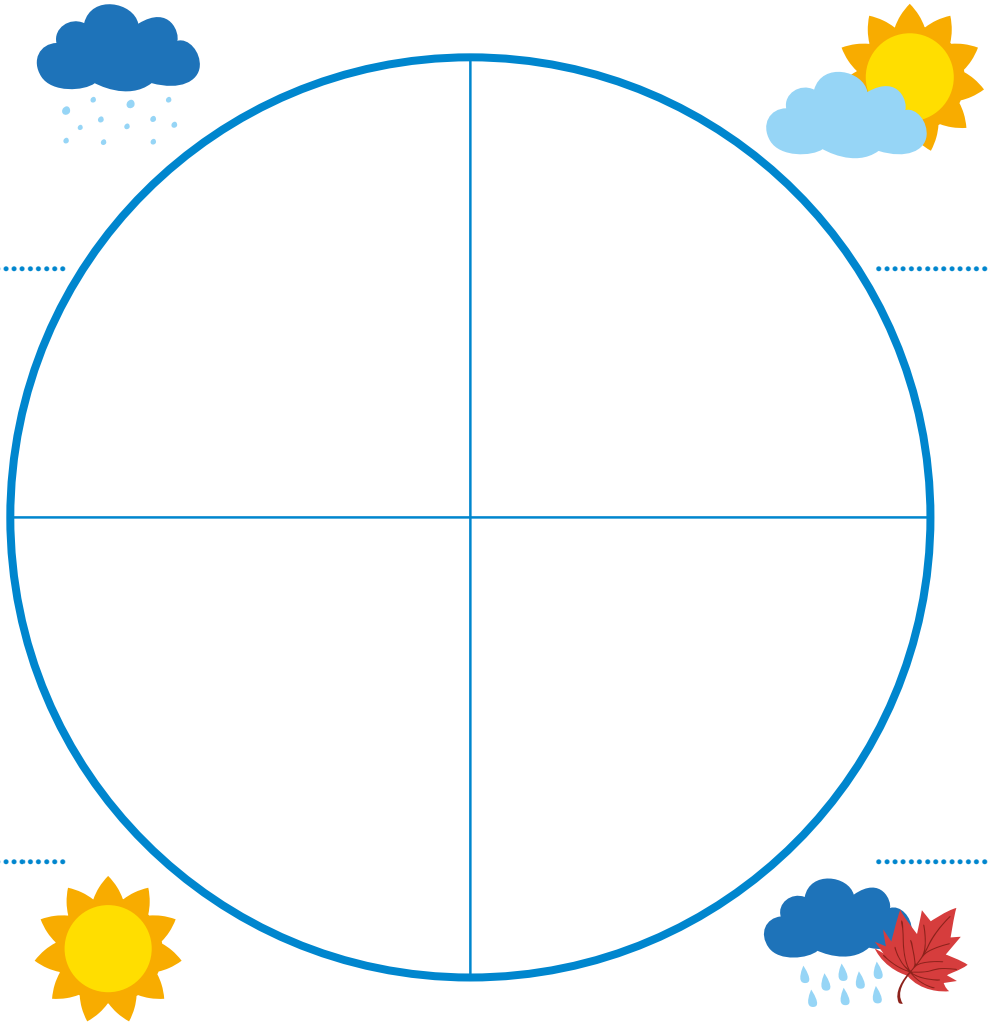
5-7 years

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

The Daily Mile can be enjoyed in every season. Label each section of the Seasons Wheel, then draw what you might need for the Daily Mile in each season.

Word bank: autumn • spring • winter • summer



Power Up Challenge

Can you write some sentences about what you might need during each season?

e.g. In the summer, I need to wear suncream to protect my skin whilst I move outside.

Scamper through the Seasons

7-11 years

the Daily Mile

Powered by LONDON MARATHON FOUNDATION

Weather affects how you prepare for the Daily Mile. For each set of conditions, choose suitable clothing, hydration, route and pace.

Your task

Complete each weather scenario by choosing one option in each category and briefly explaining your choices.

Decision	What to consider
Clothing	Choose suitable layers, footwear and weather protection.
Hydration	Decide whether you need water before, during or after the activity
Route	Choose the safest and most practical surface or route for the conditions.
Pace	Decide whether to maintain, reduce or vary your pace.







