Scamper through the Seasons Teacher Notes

the Daily Mile

Powered by London Marathon Foundation



These activities complement Santa's Daily Mile. Mix and match them to suit your cohort.

Activity	Resources	Notes
Scamper Through the Seasons	Seasons wheels worksheets	Explore how children may need to adapt their movement during spring, summer, autumn and winter. Ask what clothing, equipment, route, pace or support they might need to complete the Daily Mile comfortably and safely in each season.



Join thousands of schools, all over the world, already taking part. Help your children feel healthier, happier and create lifelong healthier habits.

Register at: thedailymile.co.uk