



# The #DailyMileAtHome

## WEEK 1



### WHAT'S THE PLAN?

Easy. Head outside for 15 minutes of jogging or running at your own pace. You can do it right where you live – just choose a route that's safe and mind you don't trip on those pesky pavements.

### IS IT HARD?

If you're new to The #DailyMileAtHome you might find it difficult the first time. That's OK.

Getting out of breath is good for you and you'll get fitter and stronger the more you do The #DailyMileAtHome. There's a 'Scout's pace' challenge below that's perfect for you – take a look!

### SOUNDS GOOD TO ME...

Great, just one more thing.

Stay safe. Listen to your grown-up when you are out and about. Keep a safe distance from other people. Wash your hands as soon as you get back home.



### CHALLENGE 1

#### SCOUT'S PACE

Scout's pace is a great way to help you run further.

All you need to do is:

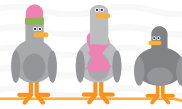
Run for 50 paces.

Walk (or slow jog) for 50 paces.

And keep going!

Change it up if you want – try doing 20 paces, or 30.

See what works best for you!



### CHALLENGE 2

#### BIRD SPOTTING

Can you spot any birds on your #DailyMileAtHome route?

You might see some in the sky.

Or maybe resting in a tree.

And if you can't see any – can you hear any?

When you get home, see if you can find out the names of the birds you saw and let us know at #DailyMileAtHome



### CHALLENGE 3

#### FINISH LINE FUN

Imagine your #DailyMileAtHome is a big race in front of thousands of people.

Imagine your final sprint to the finish, the crowd cheering loudly.

Can you make your own finish line and have your picture taken as you break through it?

You decide what to use: paper, loo roll, cardboard... or something else!

ASK YOUR GROWN-UP TO SHARE A PICTURE WHEN YOU DO EACH CHALLENGE AND SHARE ON TWITTER #DAILYMILEATHOME – WE LOVE TO SEE YOU TAKING PART AND COMPLETING THE CHALLENGES.