



# The #DailyMileAtHome SUNDAY 16 AUGUST

## Week 6 Family Fun Challenges.

**WIN 1,000AED**  
To spend online at GO Sport

1. Film a short video of you doing your exercise
2. Post it on Instagram with #DailyMileAtHome
3. Tag @thedailymile\_ae & mention your school name

### WHY DO THE #DAILYMILEATHOME?

Doing The #DailyMileAtHome will make you feel awake and alert.

You'll come back home happier because exercise cheers you up. Try it!

And if you do The #DailyMileAtHome regularly you'll become fitter — your heart and lungs will get stronger too.

### THANKS – WHAT DO I DO?



Excellent! The #DailyMileAtHome basics first: you need to do at least 15 minutes of exercise every day. That can be any exercise at all. It can be indoors or, if you're feeling brave enough, outdoors when it's not so hot.

And what we'd really like you to do is take on some challenges while doing your #DailyMileAtHome — to make it a little more interesting and fun!

Find out more in the boxes below.



### GREAT – ANYTHING ELSE?

Yes. Firstly, we'd love to see some short videos of you doing The #DailyMileAtHome. If you'd like to show us what you've been up to, ask your grown-up to take a picture and then post it on Instagram using #DailyMileAtHome.

Secondly, and very importantly: if you go outdoors listen to what your grown-up tells you about keeping a safe distance from other people. Wash your hands as soon as you're back home.

Have fun!



#### Sunday & Monday

##### BE A SUPERHERO

Dress up as your favourite superhero!

Run around the house pretending to fly and save the world from the bad guys! Can your sibling join you? What is your superpower?



#### Tuesday & Wednesday

##### STAR JUMPS

Everyone loves star jumps! They're a great way to stay fit and healthy without needing equipment or lots of space.

But don't worry – we're not asking you to do 15 minutes non-stop! It's 30 seconds of star jumps, 30 seconds rest. Repeat for 15 minutes. Do your own final jump at the end of each 30 seconds!



#### Thursday

##### DRIBBLE A FOOTBALL

Grab a football or any other sort of ball and dribble it across the room. See how quickly you can dribble without losing control of the ball.

Once you get more confident, put some cushions or other small items on the floor so you can dribble the ball around them. Change the layout for different challenges!



[www.thedailymile.ae/en](http://www.thedailymile.ae/en)



[contact@thedailymile.ae](mailto:contact@thedailymile.ae)



[@thedailymile.ae](https://www.facebook.com/thedailymile.ae)



[@thedailymile\\_ae](https://www.instagram.com/thedailymile_ae)