



# The #DailyMileAtHome SUNDAY 23 AUGUST

## Week 7 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.



#### Sunday & Monday

##### TRY 5 NEW EXERCISES

Research different exercises and try five that you've never done before. It can be absolutely anything!

Need some suggestions? Have you done mountain climbers before? Or what about squat jumps? Or split lunges? Find five you like and let's get cracking!



#### Tuesday & Wednesday

##### MAP CHALLENGE

Where do you go when popping outside for a walk or run? What do you see along the way? Today, during a cooler time of the day, we're asking you to go for a walk or run and think carefully about your route.

Draw a map of it when you get home. Don't forget to share a picture with us at #DailyMileAtHome and tag us in your videos showing us where you visited.



#### Thursday

##### PLAY CHARADES

Charades is a classic! Simply act something out, without speaking, for your family members to guess.

For this challenge you'll act out different sports or physical activities — for example tennis, skipping or hockey — while your family tries to work out what they are. How many can you do in 15 minutes?

### 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!



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



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