



The #DailyMileAtHome SUNDAY 30 AUGUST

Week 8 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

PLAY #DAILYMILEATHOME BINGO
Split a piece of paper into 12 boxes. Now write out 12 different exercises — one in each box.

Stand above the paper and drop a coin, button, or whatever else you have onto the paper. Whichever exercise it lands on is the exercise you do for the next 30 seconds.

Repeat until your 15 minutes are up.

Tuesday & Wednesday

SPRINT LIKE BOLT
Imagine you're getting into the starting blocks for a race. Just like famous Olympic athlete Usain Bolt.

Crouch down. Fingers on the start line. Ready, steady, GO!

Sprint for a short distance and repeat. You can race your family members too.



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!



Thursday

DRESS IN UAE FLAG COLOURS
Choose your daily exercise and do it wearing clothes which have one or more colours of the UAE flag.

You can always make your own accessories too!



www.thedailymile.ae/en



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