



The #DailyMileAtHome SUNDAY 6 SEPTEMBER

Week 9 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

HIGH KNEES CHALLENGE

Run on the spot for 30 seconds, bringing your knees up high. Then rest for 30 seconds. Repeat 15 times to get in your 15 minutes of exercise.

An important tip: Start off slowly so you can do the full 15 minutes! If you feel you have more energy to burn as you get closer to the end, then it's time to speed up!

Tuesday & Wednesday

CREATE AN INDOOR SPORTS DAY

Be the champion of your own home by creating 3x challenges in different rooms and seeing how fast you can complete them.

Why not try doing 10x push ups in the living room, 10x star jumps in the hall and then some skipping in your bedroom for 1 minute? See how fast you can move through each room timing yourself.

Once you've reached the goal time reward yourself with a homemade trophy using recycled packaging!



Thursday

PLAY HOPSCOTCH

1. Draw a hopscotch design on the ground with numbers 1–10 (use paper if inside)
2. Throw a coin to land on a square
3. Hop through the squares, skipping over the one with your coin
4. When you get to 10, turn around and hop your way back in reverse order
5. Pick up your coin before skipping over its square to finish
6. Repeat

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



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