

# Active Mile @ Home



## Daily Active Mile Challenge

This week pupils and staff across North Tyneside were due to be involved in the “Daily Mile Celebration Day”.

We would still like to celebrate by involving young people in the Active Mile Challenge. This could mean completing a mile each day at home, completing activity at school or trying other activities to complete a mile. We want to encourage young people to continue to participate & keep active

### Active Mile @ Home?

- If you are going to leave your home to complete a run or walk you must only go out once a day to and from your own home. You must only do this with people from your own home.
- Please remember to keep 2 metres away from others
- When you return back to your home make sure you wash your hands for at least 20 seconds. **Safety is top priority**

### Active Mile @ School?

- Throughout this week, select times when the children in your school could complete their Daily Mile or Active Mile. Although the title suggests that it takes place everyday, make it work for you or maybe set a target.  
*“How many miles can I/we do this week?”*
- If you are choosing to do the Daily Mile you may already have a set course but if not could you work with the children and measure out the distance? How far is one mile in metres? How many times around your school, your yard or your field do you have to go to cover one mile?

#### A few tips.....

- If children complete 15-20 minutes of running, jogging or walking, they are likely to have covered one mile.
- We suggest that you set children off to complete their Daily Mile at specified time intervals ensuring that children keep 2 metres apart.
- If the children want to go a little quicker, encourage overtaking safely and keeping their distance.

### Active Mile Challenge

- We want those who can stay at home to do so and therefore want to encourage you to complete your Active Mile in or outside of your own home.
- This is a great way to break up children’s learning whether that be at school or at home!

**Here are some tips for you to achieve the mile(s) this week!**

**#stayhomestayactive**

# Active Mile @ Home



## Daily Active Mile Challenge

### Ideas to help reach your target for the Daily Active Mile Challenge!

#### The Shuttle Run

In your garden, your yard or somewhere in your home, you just need 5 metres (m) and two markers.  
(There are approximately 1,600m in 1 mile)

- For a 5m shuttle run you would need to complete 321 repetitions
- Could you break it up into 4 parts throughout the day or the week?
- Complete 403m each time, this is 80 repetitions.
- How about timing yourself, can you keep the same pace each time you complete the reps?  
Can you get faster?
- Do you have more space? Extend 5m to 10m or even 20m and decrease the number of repetitions.

***Make sure you are wearing appropriate footwear and that the area you are using is dry and clear***

#### The Stair Climb

Fancy a bit more of a challenge to your Active Mile? How about doing it up and down a set of stairs!

- You will have to work a little harder to climb the stairs, your legs will tire much quicker!
- Try walking up and down your staircase for 10 minutes without stopping.
- Remember it's not a race, the aim is to just keep moving & to keep that heart beating hard in your chest!

***Make sure you are wearing appropriate footwear and the staircase is clear.***

#### Active Mile Bingo! (This sheet has been sent separately)

Ask someone to call out each exercise in any order and tick them off when you're done. Do all 10 and complete your Active Mile!

***Fact: To travel 1 mile we take approximately 2,000 steps.***

- We are going to aim to take 2,000 steps whilst completing all 10 exercises in just a small space at home.
- Keep each exercise up for 1 minute and then have a 1 minute rest between each one.  
Too easy?
- Challenge yourself and make it an active rest! Step side to side for 1 minute at whatever pace suits you then complete the next exercise that is called out

Will you call out bingo by the end of today or this week?

#### Be creative with your mile!

- What's your favorite music artist, can you keep walking, jogging, running or just simply moving to 5 of their songs?
- Why not get dressed up! Pull out your best fancy dress!
- How about going that extra mile on Thursday and wear something blue to support the NHS & key workers!
- What about making it a family challenge? Can you encourage your family who might not live in your house to do a virtual mile at the same time? How many miles did you cover in total?

**Remember, listen to your body, stay safe and have fun!**