



Mission: Movement

To provide schools with the opportunity to do The Daily Mile (15 minutes of jogging or running), along with activities at break times to get pupils moving more and sitting less.



Tools required:

No tools required for The Daily Mile. For other activities, marker cones, chalk, measuring tools (trundle, tape measure).



Special Agent Action:

Decide if you will deliver running activities to different year groups each day or a mixture.

Agree on which running activity to use or use more than one. Follow how to play instructions (See other side).



Making the activity easier or harder:

Change the running speed to faster or slower. Create longer or shorter running distances.

Reduce the number of zig zags to make it easier to travel to the cones.



Questioning:

"How do you feel before you run?" "How is your heart beating before you do the running activity?"

"How is it beating after you have run?"



Undercover:

Create some new games that involve running at different speeds.



Support Team Members:

Alongside The Daily Mile, check out some other running-based activities your school could try.

Special Agents can deliver the other activities as an introduction to running if space allows.

Movement Activities



The Daily Mile

Set up The Daily Mile in your school, go to www.thedailymile.org to sign up and get started!

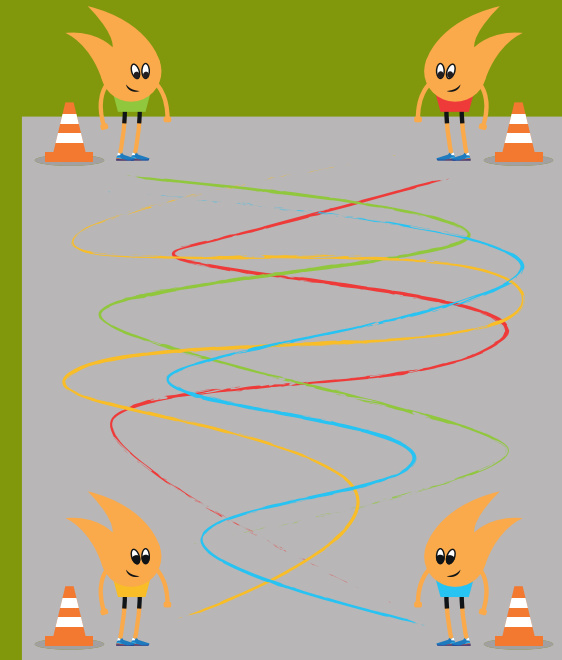
If you already do The Daily Mile then well done, you are fantastic, keep up the good work!

Find Four Corners

4 runners start in 4 corners of the playground each next to a cone. Each has a piece of chalk, they draw a line from their cone around the playground in lots of swirls and loops and zig zags- however they want but not too messy.

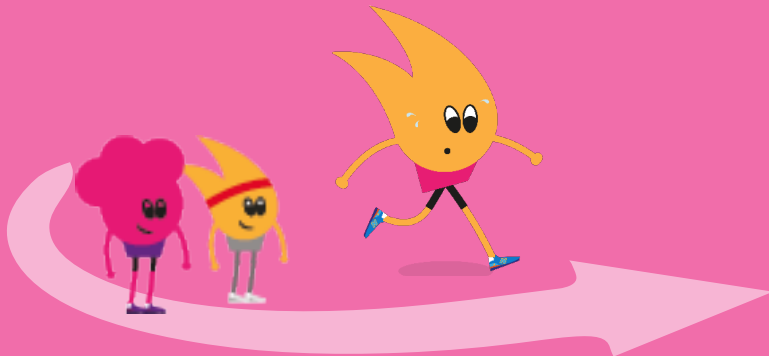
They must not break their line, even when they cross over somebody else's line. Encourage them to use all the space.

This is now the running route. All runners now start at any point on the chalk lines and jog following the lines until they have visited all four different coloured cones in the corners where the chalk lines started. Runners can jog forwards, sideways, backwards or brisk walk as long as they travel non-stop.



Run & Pass

- In lines of 3-6, runners travel in a follow-the-leader line around the play space.
- When they hear "Run" the runner at the back of the line sprints forwards to the start of the line.
- The team carry on until they hear "Run" again, once again the person at the back sprints to the front of the line and so on.
- Runners can jog, march or side step as long as they travel non-stop.



Zig Zag Hi 5

- Space 3 or 5 cones along the long side of the play space.
- Alternate the colours (blue, red, blue, red and so on).
- Opposite, on the other side of the play space place the same colours again. Making sure the blue is opposite the red and red is placed opposite the blue.
- Runners start behind the first red cones on one side (red team) and other runners start behind the first blue cone on the other side (blue team).
- On the signal "Go" runners travel across the play space towards their coloured cones, turn and run across play space to the next coloured cone, in a zig zag until they reach the end of the cones.
- They run around the back of the cones and start again.

More than one runner runs at once.

When a runner from the other team meets another runner they must stop Hi-5 each other before continuing to run.

