

23 April 2020

Dear Parents,

Many of your children will have told you about the Daily Mile we strive for in school. Indeed, I can see that some of our pupils are actively engaging with this in their back gardens - fabulous.

Please see the resource available below, looking at local landmarks. Further information available on their site.

Have fun - keep active!

Mr Abbs

### The Daily Mile - New Resources (for at home and school)

The Living Sport Coordinators have created a new downloadable resource for children at home and at school to use: their '**Get to Know Cambridgeshire and Peterborough**' series. These are virtual Landmark Maps of both Cambridgeshire and Peterborough, with a supporting Factsheet for children (and families) to complete as an individual challenge/ motivator. Each time children run, jog or walk a mile they tick off a box on the map. On their way to each local landmark on the map they are encouraged to find out more about it. Both are designed to take 30 days, if a child does The Daily Mile each day – so a half-term at least.



Attached is the Cambridgeshire resource, but both can be downloaded directly from <https://www.livingsport.co.uk/families-stayinworkout/>.

Additional resources to support the #DailyMileAtHome can be found at <https://thedailymile.co.uk/at-home/> and to get involved in their weekly challenges follow The Daily Mile on social media @\_thedailymile #DailyMileAtHome.

If any schools would like to find out more about The Daily Mile locally and how to register please contact The Daily Mile Local Coordinator, Anna O'Leary [anna.oleary@livingsport.co.uk](mailto:anna.oleary@livingsport.co.uk)

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