

# The Daily Mile at Home

Beechfield School is signed up to the Daily Mile. Each day each child is expected to run/walk/jog a mile around the school playground/field.

Due to not being at school, the Daily Mile website has released challenges to do safely at home in the outside.

We have put together the challenges that have been released all ready in order for you to take part in them at home.

If you want to, you can post pictures of you completing the challenges using [#DailyMileAtHome](#)

## Challenges:

### Challenge 1:

Wear blue clothing

### Challenge 2:

Spot the signs of spring on your mile run

### Challenge 3:

Make your own finish line when you complete the run

### Challenge 4:

Wear a top that is too big whilst out and about

### Challenge 5:

Count the number of rainbows you see when out

### Challenge 6:

Heartbeat Challenge  
Find your pulse

### Challenge 7:

Do a different route to normal on your daily mile

### Challenge 8:

Can you incorporate the number '2' or '6' or complete 26 steps/jumps

### Challenge 9:

On your walk look at the clouds, what can you spot?

