



the
Daily
Mile

QUIZ TIME!



Let's get started!

1. Youth Ambassadors take the lead
2. Choose actions for True or False answers (examples below)
3. Do the quiz with a class/phase/whole school
4. When finished, enjoy your Daily Mile!

True



False





the Daily Mile

Q1
TRUE or FALSE

The Daily Mile is FREE for your school





the
Daily
Mile

TRUE





the Daily Mile

Q2

TRUE or FALSE

The first Daily Mile took place in 2020





the
Daily
Mile

FALSE





the Daily Mile

Q3

TRUE or FALSE

The Daily Mile started in a school in Scotland





the Daily Mile

TRUE





the Daily Mile

Q4

TRUE or FALSE

**To do The Daily Mile you must measure
a mile route**





the
Daily
Mile

FALSE





the Daily Mile

Q5

TRUE or FALSE

You have to do The Daily Mile every day





the
Daily
Mile

FALSE





the Daily Mile

Q6

TRUE or FALSE

You can do The Daily Mile in your PE lesson





the
Daily
Mile

FALSE





the Daily Mile

Q7

TRUE or FALSE

You can run, walk or wheel your Daily Mile





the Daily Mile

TRUE





the Daily Mile

Q8

TRUE or FALSE

Teachers and staff can do The Daily Mile too





the
Daily
Mile

TRUE





the Daily Mile

Q9

TRUE or FALSE

**You have to do The Daily Mile at
a specific time each day**





the
Daily
Mile

FALSE





the Daily Mile

Q10

TRUE or FALSE

There are Daily Mile schools in 98 countries





the
Daily
Mile

TRUE



Congratulations! You have completed the quiz!

- What surprised you?
- What did you learn?
- Time for your Daily Mile?



‘False’ answers explained

Q2- Elaine’s first Daily Mile was in 2012!

Q4- No need to measure a mile- aim for roughly 15 minutes of movement.

Q5- Aim to do it at least 3 times a week.

Q6- Do The Daily Mile in addition to your PE lessons

Q9- Your Daily Mile is flexible and adaptable, do what works for you.



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