OLYMPIC DAY

DELIVERED BY TEAM GB | IN PARTNERSHIP WITH the Daily Mile, junior parkrun | SUPPORTED BY QUAKER

Olympic Day
Daily Mile
Take Home Letter

Olympic Day 2026

Dear parents and carers,

We're delighted to be taking part in this year's Olympic Day celebrations on 23rd June, completing an Olympic-themed Daily Mile activity at school.

This year's theme is Fuel Up and Move More, so we've been talking about what makes a healthy breakfast and how it can help our bodies and brains throughout our day.

We're encouraging pupils to make a pledge this Olympic Day, which could be to eat a healthy breakfast, or try a new way to get moving. You can get involved too by making your own pledge or joining in theirs. Stick it up on the fridge or near the front door – somewhere where you'll see it every day.

One way you could get moving as a family is to join a junior parkrun near you. Junior parkrun is a 2km route designed for 4–14-year-olds. It's free, friendly, community-run, and takes place every Sunday morning throughout the UK. To find your nearest run go to www.parkrun.com/about/join-us/junior-parkrun.

On the 28th June, parkrun will also be having a special 'Olympic-themed' event where everyone is encouraged to dress up as their favourite athlete or wear the colours of the Olympic Rings. Some events will also have special visits from Olympic athletes!

Feel free to share your pledge, photos of your healthy breakfasts, or you and your family getting moving on:

The Daily Mile: @_thedailymile on X or @thedailymileuk on Instagram

Get Set: @getsetcommunity on X or @getsetclub on Instagram

Team GB: @teamgb on X and Instagram

Junior Park Run: @juniorparkrunUK on X or @juniorparkrunuk on Instagram

Quaker Oats: @Qauker on X or @quakeroatsuk on Instagram

We'd love to see you fuelling up and moving more!