OLYMPIC DAY

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

Olympic Day
Daily Mile
Teacher Guide

What is Olympic Day?

Olympic Day is an annual celebration on the 23 June to commemorate the founding of the IOC and the modern Olympic Movement. It's an opportunity to spotlight Olympic Values and encourage people of all ages and abilities to get active and move more. It reflects the Olympic Movement's commitment to promote health, inclusivity and unity through physical activity and education.

Olympic Values



Excellence
Giving the best of yourself in sport and life.



Respect
Looking after yourself, your sport and the environment.



Friendship
Building a peaceful and better world together.

What is The Daily Mile?

The Daily Mile is a free, fun, inclusive and simple 15-minute activity that encourages children to move at their own pace (running, walking, wheeling) and enjoy the benefits of daily exercise in the fresh air with friends. The simplicity of the Daily Mile makes it accessible for all. With over 45,000 children already signed up, this initiative highlights the power of movement to support health, wellbeing, and inclusion and the shared mission of the Daily Mile and Team GB Foundation to improve young people's physical and mental wellbeing

Olympic Day x The Daily Mile

Once again, The Daily Mile and the Team GB Foundation are partnering to bring you this year's Olympic Day, with a new theme of Fuel Up and Move More. Quaker Oats are also on board to help provide the fuel, delivering 6,000 porridge pots to school breakfast clubs. Your pupils will take part in a special Olympic-themed Daily Mile and enjoy an assembly that draws on the inspiration of the Olympic athletes and the values of the Olympic Movement.

As a teacher delivering The Daily Mile, your role is central in helping pupils understand the importance of nutrition as fuel and daily physical movement. Your efforts to make health and wellbeing a daily priority do not go unnoticed.

By joining our Olympic Day celebrations, you will be supporting pupils' knowledge to:

- Make healthy food choices
- Move their bodies more
- Build daily routines

In sharing athlete stories, making pledges, and encouraging movement through the Olympic-themed Daily Mile, you'll help bring the Olympic spirit to life and create a memorable day that encourages every child to fuel up and move more.

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Olympic Day Daily Mile Teacher Guide

Step 1
Breakfast club
If you've received Quaker Oats, you could start your Olympic Day by fueling up with porridge at your school's breakfast club. There are also Olympic Day quizzes, wordsearches and other activities to get pupils excited for the day.

Step 2
Share the assembly
Kick off with an inspiring 15-minute assembly that introduces pupils to the Olympic Values and this year's theme – Fuel Up and Move More. This can be delivered to the whole school or in class. A suggested assembly script can be found in the slide notes.

Step 3
Fuel Up, Move More Pledge
After the assembly, make a pledge. This can be done as a school, as a class, or individually. Some examples could be:

- I will fuel up by making healthy food choices to help me learn, grow, and feel my best.
- I will move more by staying active, trying new sports or games, and having fun while I move.

Our Pupil pledge card and School pledge poster provide templates for this activity.

Step 4
Olympic Daily Mile takeover
Then complete your usual Daily Mile. Before you begin your Daily Mile, set out the five Olympic Mile Markers along your route. Pupils then complete their Daily Mile route with the five Olympic Moves added in at the marked points.

When pupils reach an Olympic Mile marker, they need to change how they travel. Work with pupils with any mobility needs to adapt activities, ensuring they can participate fully.

Note: Athlete video demonstrations of each move can be found on slide 20 of the Assembly PPT. The video offers modifications to make each move accessible and inclusive or all.

Resources

- Olympic Daily Mile Assembly PPT
- Olympic Mile Markers PDF
- Pupil pledge card
- School pledge poster
- Breakfast club resources
- Family take home leaflet

The five Olympic Moves



The Swimmer
move like your favourite swim stroke



The Bounder
hop, skip, jump or bounce to the next marker



The Baller
mimic your favourite ball sport (tennis, football, table tennis, etc.)



The Bolt
sprint to the finish line

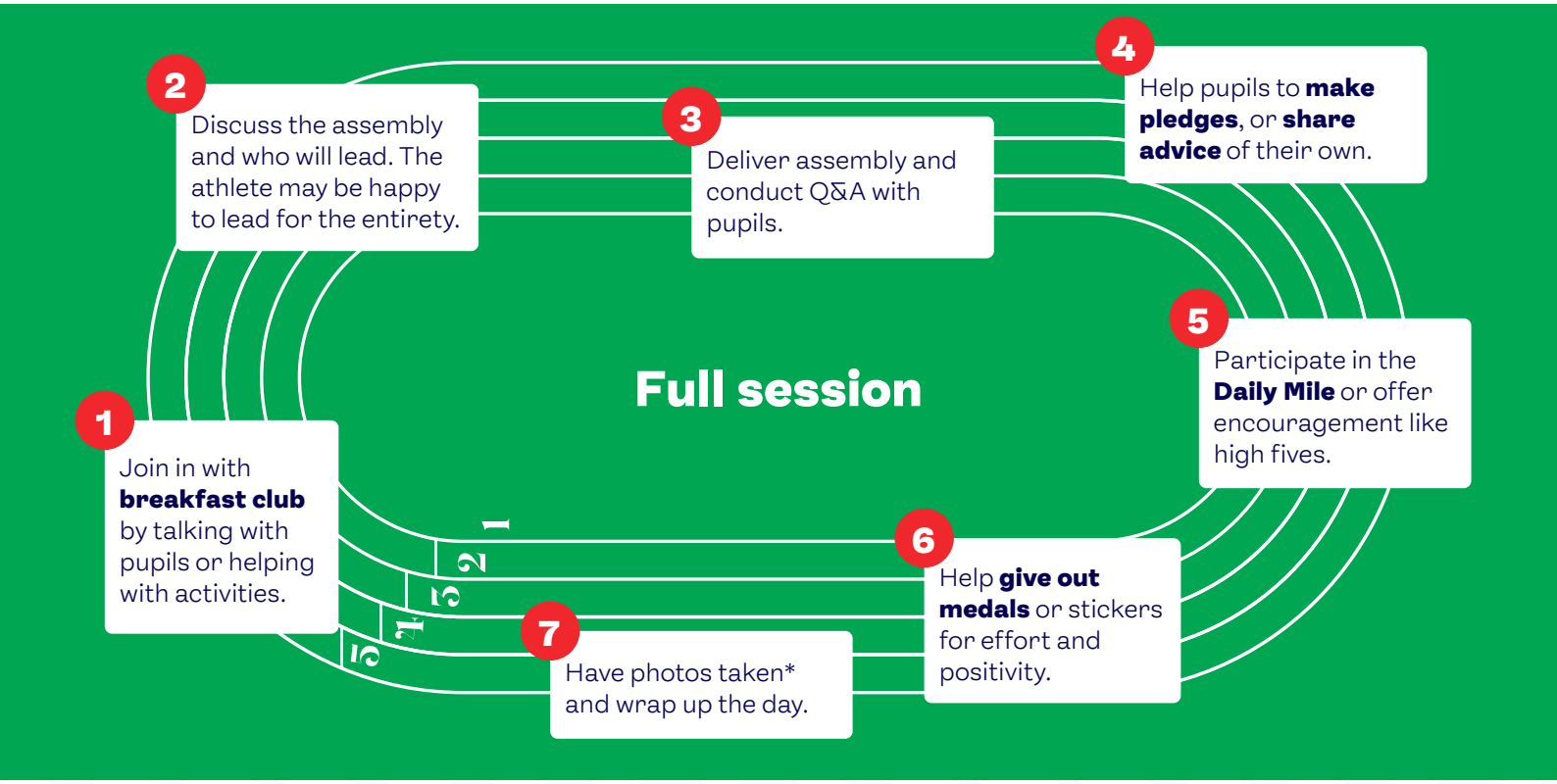


Finish strong with the **Olympian's Victory Pose**

Athlete visits

If your school is welcoming a Team GB athlete as part of your Olympic Day celebrations, they may join for the full day, half a day or an hour. Discuss with them in advance when they will arrive and leave, and how they will support you with the Olympic Day celebrations.

If the athlete is attending for the whole session, they will:



If the athlete can only attend for part of the session:
Discuss in advance what time the athlete can arrive. It might be that they can only participate in the assembly and pledges, or if they can't attend until later in the day, they may join in with the Daily Mile. For example, the athlete could:

Part session 1

- Join in with breakfast club by talking with pupils or helping with activities.
- Discuss the assembly and who will lead. The athlete may be happy to lead for the entirety.
- Deliver assembly and conduct Q&A with pupils.
- Have photos taken and wrap up the session.

or...

Part session 2

- Participate in the Daily Mile or offer encouragement like high fives.
- Help give out medals or stickers for effort and positivity.
- Have photos taken and wrap up the session.

If your athlete can only attend for an hour: Discuss with them beforehand what time they can turn up. It would be best for them to either be present for the assembly or for the Daily Mile. You may wish to adapt when you have the Q&A so that pupils have an opportunity to ask questions.

*Check permissions and inform athlete of photo use

Suggested timings

The timings below are a suggestion to allow you to cover all the content. If you have an athlete visiting, please confirm exact timings with them beforehand, including arrival and departure times.

Duration	Activity	Guidelines for athlete visit
15 min	**Arrival** (if athlete is visiting) & set up	Have a member of staff greet the athlete at the main school reception and take them to where the assembly will take place. You may wish to do a quick briefing on arrival to go through how the event will run.
15-30 min	**Assembly**	Run by the teacher and/or athlete. Please discuss with the athlete beforehand what they are comfortable presenting. There may be time allowed for Q&A from the children at the end of the assembly.
15 min	**Olympic Day pledge**	At the end of the assembly, make your pledge. You can do this as a school in the assembly, or you can move to a classroom to complete the pledge as a class or individually.
30 min	**Daily Mile with athlete** (if visiting), children and school staff	Athlete may choose to participate in the mile or cheer on from the sidelines and support with showing the moves at the marked points along the way
15 min	**Final movements and departure** (if athlete is visiting)	Children may wish to ask final questions, or the school may want a photograph at the end of the event. Make sure to ask for athlete's consent if any pictures will be taken and communicate what the image will be used for (e.g. school newsletter).

Want more Olympic-themed resources?

If you would like to do more Olympic-themed activities on the day or would like to use Olympic-themed resources as part of your normal classes, sign up to Get Set for free cross-curricular resources at https://www.getset.co.uk/.

Tag us in your posts!

Feel free to share your Olympic Day Daily Mile photos and activities on social media with the hashtag **#OlympicDay** so we can see all your brilliant work in action. You could show us your amazing moves, your healthy breakfasts, or your Olympic Day pledges.

The Daily Mile
@_thedailymile
@thedailymileuk

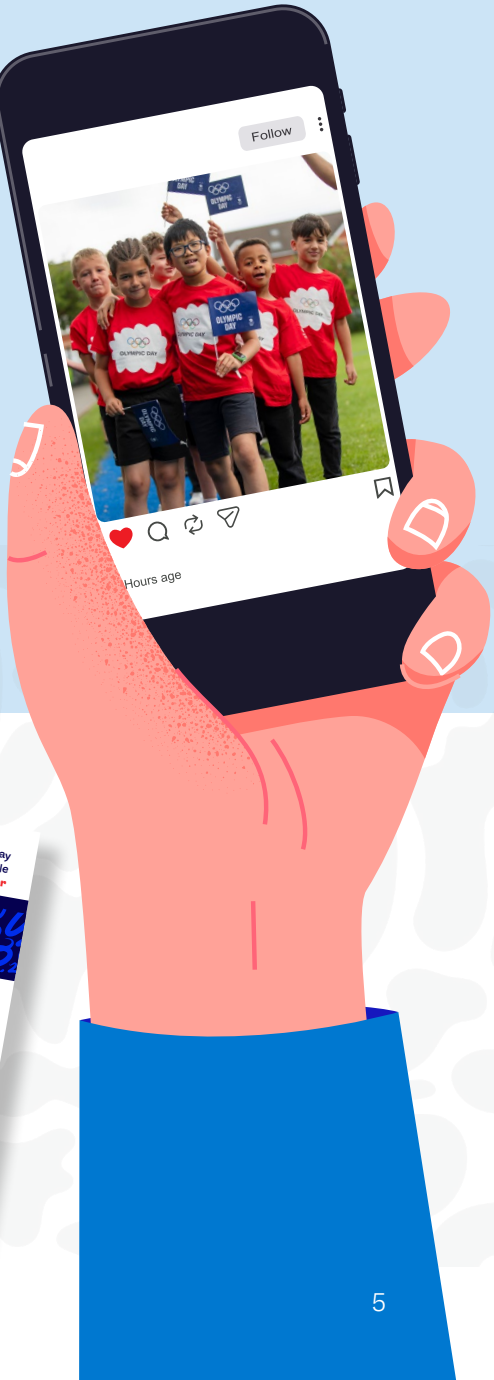
Get Set
@getsetcommunity
@getsetclub

Team GB
@teamgb
@teamgb

Quaker
@QuakerOatsUk
@quakeroatsuk

You could caption your photos and videos with
'Enjoying our Olympic Day Daily Mile today!' or
'It's Olympic Day today - we're fueled up and moving more!'

Make sure you have pupil/parent and athlete consent when posting any pictures of them online.



Olympic Day at home

Don't forget to give pupils the Olympic Day take home leaflet to get parents and carers involved with helping their children fuel up and move more!

