Survey Incentive Pack: Teacher Notes

the Daily Mile

Powered by London Marathon Foundation

This exclusive resource pack complements The Daily Mile with quick, creative activities across the curriculum. Each activity is open-ended, easy to adapt and suitable for short classroom moments before or after outdoor movement.

Activity	Resources	Notes	Recommended Age Groups
1. Our Senses	• Match the senses to the corresponding pictures • Senses Spy Challenge • Movement for calm picture	Children use The Daily Mile to explore the five senses, match each sense to pictures and notice what they can see, hear, feel, smell and, where appropriate, taste. The calm movement prompt supports reflection on how their bodies feel afterwards.	3-5 years 5-7 years
2. Daily Mile 'Movement Map'	• Route map of the Daily Mile • Add markers and labels to different points on the route map	Children create a simple map of their Daily Mile route, showing movement, support and belonging. Encourage pupils to consider how the route can work for everyone, including those who walk, run, wheel, talk, focus quietly or move in different ways.	7-11 years
3. Design Your Own Daily Mile t-shirt	• T-shirt design sheet • Reflections and evaluation of t-shirt design	Children design a Daily Mile t-shirt using colours, words, patterns or slogans to express movement, fun, belonging and inclusion. The reflection prompt helps them explain their design choices.	5-7 years 7-11 years
4. Your Daily Mile Poem	• Acrostic Poem writing • Poetry creation using Joseph Coelho's 'MORERAPS' technique	Children write a poem inspired by what they notice during The Daily Mile, using either an acrostic structure or simple poetry prompts. Encourage them to focus on sights, sounds, colours, feelings, objects, seasons or places.	5-7 years 7-11 years

Survey Incentive Pack:
Teacher Notes



the Daily Mile

Powered by LONDON MARATHON FOUNDATION

Activity	Resources	Notes	Recommended Age Groups
5. Autumn Leaf Printing	• Collect a leaf whilst completing your Daily Mile • Name emotional and physical feelings around your leaf	Children collect a leaf during The Daily Mile, then draw around it or print with it back in the classroom. They add words inside and around the leaf to describe how they feel emotionally and physically after moving.	3-5 years 5-7 years 7-11 years
6. The Daily Mile Colour Catcher	• 'Catch' 5 colours during your Daily Mile • Colour Catcher picture colouring	Children notice and collect five colours during The Daily Mile, then use them to colour the picture. Repeat across the week to explore how colours change with mood, weather, season or surroundings.	3-5 years 5-7 years
7. Daily Mile 'Move Together'	• Move Together planning sheet • Group reflection prompts • Optional Move Together Promise poster or certificate template	Pupils complete The Daily Mile with a partner or small group, focusing on pace, communication and inclusion. The aim is not for everyone to move at the same speed, but for pupils to support one another so each child can take part in a way that works for them.	7-11 years