



Here at Middlefield, we have become ambassadors of 'The Daily Mile'. As a school we all take part in 'The Daily Mile' in order to keep our bodies and minds fit and healthy!

What is 'The Daily Mile'?

'The Daily Mile' is 15 minutes of continuous walking, jogging or running – on average in the 15 minutes children will cover a mile, hence the name!

Why do it?

We all know the positive effects that exercise can have on our physical wellbeing but also on our mental wellbeing. 'The Daily Mile' gives the children the opportunity to be active and promote that healthy lifestyle! In addition, 'The Daily Mile' has been shown to improve concentration and productivity of children in the classroom as they have more oxygen flowing to their brain – the more oxygen the better the learning!

GET TO KNOW CAMBRIDGESHIRE WITH THE DAILY MILE

This summer term, whilst we are busy home learning, we are encouraging you and your children to take a virtual tour of Cambridgeshire and learn all about its points of interest!



On the map are locations around Cambridgeshire – you can pick any location to start at. Each day, when you complete your daily mile, tally up how far you have gone and see if you can move a box forward toward your next Cambridgeshire landmark!

When you arrive at your new landmark, there is lots of research to be done – you can go online and find out some fun facts about this landmark!

Do I have to do it every day?

No you don't! despite the name you do not have to do it every day but a minimum of 3 times a week is recommended. You can also do more than a mile in a day if you wish.

Can I ride my bike?

Absolutely! However make sure to use something to track your miles as you will cover more mileage per 15 mins on a bike.

What are you waiting for? Get out and get virtually visiting!