



# The Daily Mile™ Destinations

15 minutes, 15 countries, 100 days

## Your 'How to' guide

1. Launch The Daily Mile Destinations in your school with an assembly to explain 'How it works' and play the video
2. Display your school map so everyone can see it
3. Give all the stickers to your headteacher
4. Decide on each class's coloured marker (write your class name on the marker)
5. Each class will need to display their passport in the classroom
6. Decide as a class where you want to start on the main map- you can start anywhere!
7. Move the class marker to the next pink spot around the school's main map after each Daily Mile
8. Each pink spot is a Daily Mile, there are 100 days to complete
9. Each time a class arrives at a new destination, collect a flag sticker from your headteacher to put in your class passport
10. Display the 'Fun Facts' about the landmarks at the destination you have reached up on the board and use the prompt question to start a class discussion
11. You can print certificates for each destination to be awarded to the class/pupils
12. Use the prompt question to start a discussion with your class - this could link to the curriculum
13. Work your way around the world as a class aiming to collect each countries sticker

**Enjoy the journey!**



A couple of questions have been asked, so here's a few key points

1. Each pink spot is a daily mile day, there are 100 days to complete. Daily Mile Destinations is not about counting how many miles your class does, it's about getting out every day for 15 minutes.
2. So each time your class does a daily mile you move your class marker to the next pink spot around the main school map. This is so that you can see all the classes moving round which may spur on the less involved/enthusiastic classes.
3. Sometimes it's only 1 or 2 days between each destination (Italy and France) and others it's around 10 days (Australia and South America).
4. Each time you get to a destination get fun facts and discussion question up on the board and this can lead to a whole session or it could just be a fun 5 minute activity
5. The big main map should be displayed in a corridor/display board for the whole school to see (you can add any other decorations and send in pics of them).
6. You may want to make your own personalised little class marker and more it round with blue tac but if not please use the teardrop markers provided.
7. You may want to add in an element of a whole school competition but that's entirely up to your school. This may be an incentive for less keen teachers though.
8. There are electronic certificates for teachers to print and use as they see fit.
9. The start point is anywhere, as you may want to link it with relevant curriculum. All classes could start at the same point and race or all at different points. The journey is up to you!

