

The Daily Mile
is an initiative
that will
encourage you
to be fitter
and healthier.



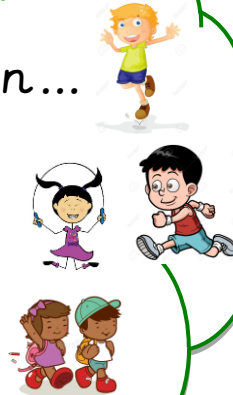
Come to the tennis
and basketball courts
every morning **8.30-
8.45am** to join The
Daily Mile!

Monday- Yr 3
Tuesday - Yr 4
Wednesday- Yr 5
Thursday- Yr 6

The Daily Mile
encourages
you to be
active for 10
minutes
everyday.

You can...

- run
- jog
- walk
- skip
- hop



The Daily Mile will
start Monday 27th
November.