

Introducing The Daily Mile: Hike Through Our History!


Embark on a journey through time with The Daily Mile, an exciting school campaign designed to inspire children, support teachers, and promote physical activity while enhancing children's health and wellbeing.

HIKE THROUGH OUR HISTORY

Along the way, you'll visit 14 historical landmarks, learning fascinating facts about each one.

At every checkpoint, your class can choose a student to place a special object sticker on the class poster—building a visual timeline of your adventure through history!

It's a fun and active way to uncover the stories behind famous monuments while boosting movement and counting those all-important steps.

 The first 50 schools to register will receive free, physical maps, fact sheets and stickers!

Share and tag us on social media, showing your school's and group's participation, to earn an achievement certificate!



@ActiveEssex



@findyouractive

Register your school to take part here.

LET'S GO

ADVENTURE