


## 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