

The Daily Mile

2025/2026



You can use the annual planner below to help guide you with any Daily Mile planning for the academic year 2025/26. Further details, dates and associated resources will be shared with you in advance of any campaign or challenge.

AUTUMN TERM

September 2025

- **Launch of Mental Health Toolkit:**
Easy-to-use, practical resources designed to support staff and pupils in promoting mental wellbeing through daily physical activity.
- **Launch of our new Daily Mile website:**
Fresh design, improved navigation, and teachers resource hub.

Friday 5 December 2025

- **The Daily Mile Santa Run:**
A fun, festive event to get the whole school moving together.

SPRING TERM

January to February 2026

- **Back to School:**
Keep the momentum going with themed Daily Mile activities and classroom links to wellbeing and physical activity.
- **9–15th February: Children's Mental Health Week:**
The Daily Mile is partnering with Place2Be, a leading organisation committed to children's mental health, for Children's Mental Health Week. Our joint effort focuses on the importance of providing daily physical activity to improve the health and wellbeing of children.

SUMMER TERM

March to May 2026

- **Take part in the TCS Mini London Marathon in Schools:**
A nationwide opportunity to celebrate movement and achievement with your pupils.
- **Jamie Oliver:**
Linking healthy eating and physical activity, we will once again be encouraging schools to apply for the The Awards – Jamie Oliver's Good School Food Awards.

June to July 2026

- **European Athletics Championships Birmingham 2026 and Commonwealth Games Glasgow 2026:**
Two world-class events to inspire through sport, teamwork, and global celebration. We will create resources to increase engagement with fun, themed activities for the summer term.

Join thousands of schools, all over the world, already taking part. Help your children feel healthier, happier and create lifelong healthier habits. Register at thedailymile.co.uk