

Climbing Mount Mile – The Daily Mile™

We are so excited to have you on board to help us through this challenge of Climbing Mount Mile! It feels like a daunting task, but we know with your help and a positive mental attitude, we will do it together.

How to join us on this journey up Mount Mile: Playwaze Guide

- 1) Create an account for your dependent(s) on Playwaze.
- 2) Join the Climbing Mount Mile Challenge: <https://playwaze.com/book/170658-c>
- 3) As soon as you are signed up, head to 'My Rewards' and redeem your Base Camp reward. This should take you to a Living Sport hidden webpage with lots of information and your first video from Sam Ruddock.
 - a. Here you will find the links to: an ink saver version of Mount Mile, a full colour version of Mount Mile and the form to complete if you do not own a printer and wish to have us post an A3 Mount Mile poster.
- 4) Every time you do your Daily Mile (15-minutes run/walk/wheel outside in the fresh air), log it onto Playwaze by putting '1'. Your total will tally up, and when you have logged 7 you will gain 70 points and the ability to unlock a resource! Unlock the reward that matches where you are on Mount Mile to ensure the resources match the stage you have reached in your journey.
 - a. The Daily Mile is an international programme which aims to get school children moving for 15 minutes every school day, out in the fresh air. Whilst at home, if you can do a daily mile everyday – great! But getting out as often as you can in a safe way is the main goal.
- 5) For those that reach the Summit by May 28th 2021, you will be entered into a prize draw to win a family activity package.
- 6) Keep us posted on your journey by tagging us on social media!
Twitter: @Living_sport & Facebook: @livingsport

To find out more about The Daily Mile, please visit our website:

www.livingsport.co.uk/the-daily-mile

*You should find a **Living Sport Postcard** in your package. We would love for your child/ren to draw or write something on there about what they enjoy about doing The Daily Mile. On your next daily mile, try to pass a post box and send it off to us (pre-paid stamp and address included) so we can share all the lovely experiences with you!*

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