

## The Daily Mile Commonwealth Challenge

In school, we take part in the daily mile; you can now do this at home. They have created fun and interactive challenges for you to keep active during these difficult times.

They have created many free resources, which can be found here – <https://www.sportbirmingham.org/resources>

A free resource, which is available, enables you to win sports equipment for Welsh House Farm by being active at home.

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### Here is how it works:

Five simple steps:

- 1) Download the free resources below; both interactive online and printable versions.
- 2) Do 15 minutes of Physical Activity at home.
- 3) Mark the relevant day on the Commonwealth Map with a cross; simply click on the circle if you are using the online version.
- 4) At each of the 'milestone countries' listed on the map, read the facts and complete the questions in your Commonwealth Passport to progress to the next country.
- 5) Show your completed map to Mr Jones when you return to school.



## STAY HEALTHY AT HOME WITH THE COMMONWEALTH CHALLENGE

COMPLETE 15 MINUTES OF PHYSICAL ACTIVITY AT HOME TO EARN EQUIPMENT FOR YOUR SCHOOL AND COMPLETE YOUR JOURNEY FROM AUSTRALIA TO BIRMINGHAM AHEAD OF THE COMMONWEALTH GAMES.



### HOW IT WORKS

- STEP 1** DO 15 MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY AT HOME WITH YOUR CHILD.
- STEP 2** CROSS OFF THE RELEVANT DAY ON THE MAP. A COMPLETED MAP WILL EARN SPORTS EQUIPMENT FOR YOUR SCHOOL WHEN YOUR CHILD GOES BACK.
- STEP 3** HAND THIS LEAFLET BACK TO YOUR CLASS TEACHER WHEN YOUR CHILD GOES BACK TO SCHOOL. SIMPLY SCREENSHOT/PHOTOGRAPH IF YOU ARE USING IT AS AN ONLINE RESOURCE.

### COMMONWEALTH PASSPORT

Why not learn about each country as you travel around the Commonwealth.

Along with this leaflet, we have also given your school a 'Commonwealth Passport'.

Downloadable here  
[www.sportbirmingham.org/school-sport](http://www.sportbirmingham.org/school-sport)

The passport enables your child to learn facts about many of the countries that will be competing at Birmingham for the Commonwealth Games in 2022.

Simply cut the sheet in half to create an A5 booklet, and answer the questions as you travel the globe.



### WHY EXERCISE?

15 mins of Physical Activity a day can...

- It improves bone health and muscle strength
- It improves focus and concentration, and can help improve behaviour
- It helps reduce anxiety and increases confidence

Any activity that gets the body moving and elevates your child's heart rate is great

There are some fantastic free online resources that support this below...

- We will also be updating our website with new resources every day  
[www.sportbirmingham.org/school-sport](http://www.sportbirmingham.org/school-sport)
- Active Learning:** Fun curriculum based videos to get your child active while they learn  
[www.bbc.co.uk/supermovers](http://www.bbc.co.uk/supermovers)
- App:** An interactive app with games that will get your kids moving  
[www.gooodle.com/blog/gooodle-games-reverent-app-for-kids](http://www.gooodle.com/blog/gooodle-games-reverent-app-for-kids)
- Online Games:** Short bursts of fun from your favourite Disney characters  
[www.nhs.uk/10-minute-shake-up](http://www.nhs.uk/10-minute-shake-up)

## COMMONWEALTH CHALLENGE



COMPLETE 15 MINUTES OF PHYSICAL ACTIVITY TO TRAVEL THE COMMONWEALTH AND EARN SPORTS EQUIPMENT FOR YOUR SCHOOL



# WHFCS KS1 PE

## Commonwealth Passport

You can now complete your own commonwealth passport; you can learn fun facts about the countries that will be visiting Birmingham for the commonwealth games.

Do 15 minutes each day to complete the virtual journey from Australia to Birmingham, and then on your map answer the questions on each country.

### COMMONWEALTH PASSPORT

Learn fun facts about some of the countries that will be visiting Birmingham for the Commonwealth Games in 2022.

Do 15 minutes of exercise each day to complete your virtual journey from Australia to Birmingham on your map. Answer the questions in this book when you arrive at each of the milestone countries along your route.

#### AUSTRALIA DAY 03



- The longest river in Australia is the Murray River
- The biggest mountain range is the Great Dividing Range

THE CAPITAL CITY OF AUSTRALIA IS

#### NAURU DAY 09



- This is the smallest Commonwealth country
- Birmingham is 13 times bigger than Nauru

HOW MANY PEOPLE LIVE ON THIS ISLAND?

#### PAPUA NEW GUINEA DAY 12



- This country has the worlds only poisonous bird
- This country consists of over 600 islands

IN WHAT SPORT DID THIS COUNTRY WIN ITS ONLY 2018 COMMONWEALTH GOLD MEDAL?

#### MALAYSIA DAY 15



- The capital of this country is Kuala Lumpur
- The Petronas twin towers in Kuala Lumpur are the tallest in the world

IN WHAT YEAR WAS MALAYSIA THE FIRST AFRICAN NATION TO HOST THE COMMONWEALTH GAMES?

If you are printing the resource at home, follow these four steps to create your Commonwealth Passport.



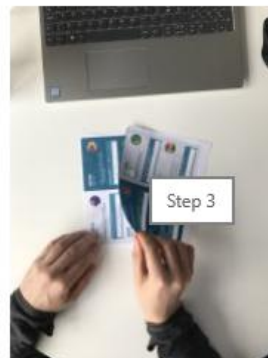
#### Step 1

Print the PDF (double sided) and lay it on a table so that Australia is at the top left of the page.



#### Step 2

Cut the paper in half horizontally



#### Step 3

Without flipping either half over, place the bottom half on top of the top half.



#### Step 4

Fold in half vertically. Staple down the middle of your new book if you can.



