



Active Gloucestershire

# Get your school active and join 'Old Spot on his European Trot' this summer

## Event Summary

'The Old Spots European Trot' is a free, easy to use and sustainable get active challenge for primary schools this summer, based on the successful children's health and wellbeing initiative, The Daily Mile™ - [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

Old Spot has been Active Gloucestershire's School Games mascot for a number of years and so he is now heading up our The Daily Mile challenge and inviting all schools across Gloucestershire to get their pupils/teachers running/walking a mile a day.

You are challenged to walk / run a route around Europe during the summer term. There are two routes - one for small schools (150 pupils or less) and one for large schools (151 pupils or more). All schools who successfully complete the route will be entered into a prize draw to win some great prizes. (see below for details).

(if you are a very small school, please contact [Tom Hall](#) to discuss using an adapted route)

## Key Information

All children in the school will be encouraged to walk or run for 15 minutes a day around a measured track / route in their school, at any point during the school day. (This would be in addition to, and not a replacement for, normal PE lessons).

This challenge will run for 12 weeks commencing 24th April 2017 through to Friday 21st July 2017.

At the end of the 12 weeks, all schools that have completed the required distance will be entered into a draw to win some fantastic prizes., including a visit by Old Spot to run the mile, and a tour of Cheltenham Racecourse. There will also be a special prize of a visit of a sporting champion to the school which includes the most per pupil miles.

## How to sign up to 'The Old Spot European Trot'

You either print off and complete the form below and email back to us, OR simply send us a quick email with the information below to: [dailymile@activegloucestershire.org](mailto:dailymile@activegloucestershire.org)

School name

Leader teacher name

School address

Tel no.

Email address

No. of pupils at school



Please tick here if your school is already participating in The Daily Mile™

For further information please click [here](#).

More general information about The Daily Mile™, including tips and case studies, can be found at:

[www.thedailymile.co.uk](http://www.thedailymile.co.uk)

