



THE LONDON LOOP: ASSEMBLY SCRIPT

RESOURCES: THE DAILY MILE™ CHALLENGE PRESENTATION (POWERPOINT)

SLIDE 1: THE DAILY MILE CHALLENGE – SHOW THIS SLIDE AS THE CHILDREN COME INTO ASSEMBLY.

Today we are going to be talking about an exciting new Daily Mile challenge that everyone in the school is going to take part in. Each half term there will be a different challenge set by the people who organise the London Marathon. This half term the challenge is called: The London Loop.

SLIDE 2 – LONDON MARATHON

Can you put your hands up if you have heard of the London Marathon? Does anybody know anyone who has run the London Marathon?

[Take responses from children – or from adults who may have run a Marathon.]

The Marathon is a big challenge for adults – over 26 miles from start to finish. Anyone who runs it needs to practice and train hard – they need to be resilient and never give up. Take a look...

[Show video – ask children what they noticed.]

SLIDE 3 – CHILDREN CONCENTRATING IN CLASS

Seeing people run a Marathon is inspiring. It's hard – but being active, getting your body moving is so important. Can anyone think of ways that running or jogging can help you?

[Give children a few moments to reflect or discuss with their partners. Take one or two responses or explain as follows]

After you run or jog you will be more awake. You will be better at concentrating in class and focussing on your learning.

SLIDE 4 – CHILDREN LOOKING HAPPY

So, being active helps you in class. It can also help with your feelings. Has anyone felt sad recently? Or just a bit fed up? Or a bit stressed?

[Give children a few moments to reflect or discuss with their partners.]

But after you exercise – when you move and be active – it can help you feel happier. Exercise gives the brain a boost!

SLIDE 5 – CHILDREN SHOWING OFF THEIR MUSCLES!

Being active – going for a jog or run – also makes a difference to your body. How does being active help your body?

[Give children a few moments to reflect or discuss with their partners. If times allows, take one or two responses.]

Being active makes your body healthier and fitter. It makes your bones stronger and your heart and lungs stronger.

SLIDE 6 – CHILDREN CONCENTRATING, LOOKING HAPPY AND SHOWING OFF THEIR MUSCLES

Think for a moment – exercise can help you in lots of different ways: can you remember the different ways we've talked about this morning?

[Give children a few moments to reflect or discuss with their partners. If time allows, take one or two responses.]

Being active helps you:

- concentrate and focus in class
- feel good and feel happy
- and makes your body healthy and strong

[Optional – younger children might like to be show or make up an 'action' for each of the three benefits]

This is why we do The Daily Mile and why we are going to take part in The Daily Mile Challenge. Let me explain what's going to happen....

SLIDE 7 – THE LONDON LOOP IMAGE/POSTER

Every classroom will get their own 'London Loop' poster. You can decide where you are going to start. It could be at London Zoo... or at the London Eye... or at Buckingham Palace. You decide!

When you do your first Daily Mile – that's 15 minutes of jogging or running – tick off the first stop on the loop. Then you move to the next stop and do your next Daily Mile – tick it off and keep going around the loop until you've gone all the way around.

We will get a certificate when we complete the challenge - and the school will have a chance to win £500.

SLIDE 8 — A MESSAGE FROM SIR MO FARAH [IF TIME ALLOWS]

Let's finish with a message from Sir Mo Farah - Olympic Gold medallist and the most successful British track athlete of all time.

SLIDE 9 — LONDON LOOP CHALLENGE

So, let's be inspired by all those amazing people who do the London Marathon each year.
Let's remember the three reasons we need to stay active.

Let's try and see if we can complete our own challenge and finish The London Loop.
Good luck!