



MINI LONDON MARATHON TOOLKIT



**YOUR MINI
ACTIVITY
PACK!**



A MESSAGE FROM JOE

Congrats on signing up for the TCS Mini London Marathon in schools!

You're going to be part of a team of hundreds of thousands of children across the UK who are running, jogging, walking, or wheeling two miles at their school. It's such a great way to challenge yourself and celebrate getting active together :)

I'm excited for you to get stuck into this activity pack over the next few weeks. You'll find lots of ideas and activities in here that will hopefully inspire and motivate you to keep moving.

Work through the activities in your own time to learn more about staying active, eating healthy food, and feeling good.

I always say the more you move, the better you'll feel – and hopefully this pack gives you some ideas and inspiration to keep going. You've got this!

Joe x



Scan the code or visit
<https://youtu.be/FkU14qHBeXQ>





Can you find all the items on the running checklist?

They can be written in any direction.

S H O R T S Z S
J I K N O D B O
W X C S I R G C
A A W H U A E K
P K T O L C R S
F O I E S E O T
P Z X S R P M S

**TRAIN
SHOES**

**TOP
SHORTS**

**CAP
SOCKS**

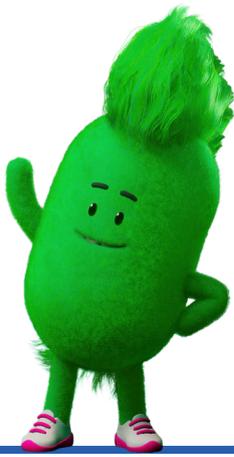
**WATER
RACE**



Design your dream trainers

Use patterns and bright colours.





Complete the workout to get the answers



Scan the code or visit

<https://www.youtube.com/watch?v=E5nSqD4QIno>

Watch the video and write down your answers below.

1. What is the name of the organ used for breathing?

2. What do runners wear on their feet?

3. How do your bones change when you run?

4. How long does it take the fastest runner in the world to run a marathon?

5. What do runners do to cool down after running?

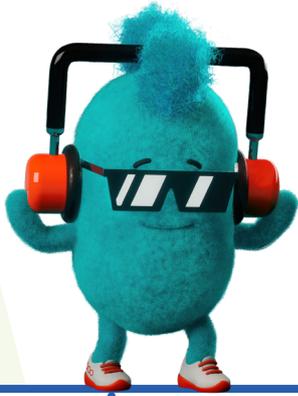
6. How many muscles get used in a single step?

7. What happens to your heart beat when you run?

8. How many miles is a full marathon for grown-ups?

9. What happy chemical does your brain make when you run?

10. What should runners drink to stay healthy?



Your weekly movement log

Every week, write down how long you've moved for and how it made you feel. All movement that raises your heartbeat counts – running, jogging, fast walking, or workouts!

Week	How long did you move for?	How did you feel?
1		
2		
3		
4		
5		
6		
7		
8		
9		



Can you spot the difference?

Circle the 5 differences between these scenes.



1. Squares missing from flag 2. 'Fanish' instead of Finish
3. Joe's moustache missing 4. Trainers instead of hand
5. Bunting print moved





Moving your body is one of the best things you can do for your mind, your mood and your energy!

Joe's top tips to get active in school

1. Start the day by moving!

Before you get stuck into lessons, try a quick stretch, a wiggle, a dance, or a big star jump. Moving helps wake your body and brain up to feel ready for the day.

2. Activate with Joe

Join in my five-minute Activate with Joe workouts on YouTube. They're quick, fun, and set you a great challenge to get you moving, wherever you are!



3. Class challenge

Set a team challenge – how many minutes can you walk for today? Or run? Could you complete a mini circuit together? It's always fun to work as a team.



4. Make playtime active

What games can you play that get you moving? Skipping, throwing, tag? Every jump, step, or run counts!



5. Mini movement

If you've been sitting down for a while, try to stand up and have a quick move around. Maybe a few reaches to the sky or marches on the spot. These can keep your energy up!

6. Move outside

Fresh air is the best! Being outside can help you feel happier and more focused when you go back inside.





Make sure an adult helps you when making this recipe!

No Bake Energy Bars

Ingredients

Makes 10 - 12

150g maple syrup

50g coconut oil

Pinch of salt

180g oats

75g raisins

30g pumpkin seeds



Method

Pour the maple syrup into a saucepan, add the coconut oil and salt and gently warm.

Reduce the heat slightly and simmer for 3 minutes. Stir in the oats, raisins and pumpkin seeds.

Tip the mixture into a 20cm square cake tin lined with greaseproof paper, press down with the back of a spoon then chill in the fridge for 2 hours until firm.

Cut into 10 or 12 equal-sized bars and enjoy!



**MINI LONDON
MARATHON 26
IN SCHOOLS**



A great lunch option!

Bean Salsa Pitta

Ingredients Serves 1

- 1 pitta bread
- 25g houmous
- 50g chopped tomatoes
- 20g cheddar cheese, grated
- 3 radishes, quartered
- 40g tinned mixed beans, drained
- Salt and pepper



Method

Cut the pitta bread in half and spread the houmous inside.

Mix the tomatoes, cheese, radishes and mixed bean salad together and season to taste.

Fill your pitta with the mix and serve any that doesn't fit on the side.

Run. Have fun. Make a difference.

Complete two miles for The Body Coach Foundation.

Run, jog, walk, or wheel two miles to raise funds and help boost the physical and mental health of our nation!

How to fundraise:



Scan the QR code



Share the link with friends
and family



Collect donations



The Body Coach Foundation offers grants to organisations such as local sports clubs, youth clubs, local community projects and smaller charities across England, Wales, Ireland, Northern Ireland and Scotland that exist to help improve people's physical and mental health.



Ready to make an impact?

Scan this to start your fundraising today!

