

# High Five Friday

Be Active Activity

## The Daily Mile

The staff of Tamnamore EOTAS like to stay fit and healthy by joining in with their pupils for 'The Daily Mile'.

The Daily Mile helps to improve the health & wellbeing of children and young people across Northern Ireland. Now is the perfect time to introduce The Daily Mile into both the school & nursery day. The Daily Mile is: · 15 minutes a day, no equipment needed · Walk, run or jog at your own pace · Inclusive · It's free!

[Click here to find out more about the Daily Mile](#)

[Click here to watch a video of St. Patrick's Primary School, Aghagallon and the huge impact the Daily Mile has had on their pupils!](#)