



GET INVOLVED WITH THE DAILY BOOST

The Daily Boost aims to encourage children and young people to do 15 minutes of organised activity at school every day, benefitting their long-term physical and mental health and wellbeing.

The activity can be anything! Walk, run, dance or simply do their favourite activity/game that gets them active. It can be before school starts, at lunchtime, after-school, or during an active lesson.

A Daily Boost is 15 minutes of structured activity, or take part in a Mini Boost of 5 minutes, in the classroom or a small space. 3 x Mini Boost = A Daily Boost!

The Daily Boost is free* and Schools will receive resources, rewards and access to log your activity for the Boost Tracker!

*Small charge for Leicester City & Rutland Schools

1 Register your School at: www.lrsport.org/dailyboost

2 You will receive a welcome email with information of support available.

3 Plan your activity and let us know which classes will be taking part. Resources will be provided and for ideas visit our [Boost Resources](#) section.

4 Use the Classroom or Digital Wallchart to record pupil involvement in Daily Boosts/Mini Boosts.

5 At the end of each term upload / submit the totals for the Boost Tracker!

You'll receive your Boost Bands, Certificates and the chance to book an Assembly Presentation to celebrate with Zoom the Daily Boost Mascot!

Appear on the [Boost Tracker](#) and your School could receive one of the Daily Boost annual awards!

