



How The Daily Mile began

- in February 2012 a school volunteer said, 'The children are not fit.'
- the PE teacher confirmed this
- I took a Year 5 class out to see if they could run round the school field - most couldn't
- the children saw the problem for themselves
- together we agreed that they would try running round the field for 15 minutes every day to see what would happen
- but no-one saw what was coming next



After 4 weeks.....

- all children were clearly much fitter
- they showed improved mood, focus and behaviour
- in the 15 minutes almost all were running 5 laps or more
- so they measured the path and 5 laps equalled 1 mile
- the daily 15 minutes was called The Daily Mile
- the children and staff loved it - and so did the parents
- children parents and staff wanted other classes to do it
- by June 2012 the whole school was taking part
- and in the autumn, the nursery class



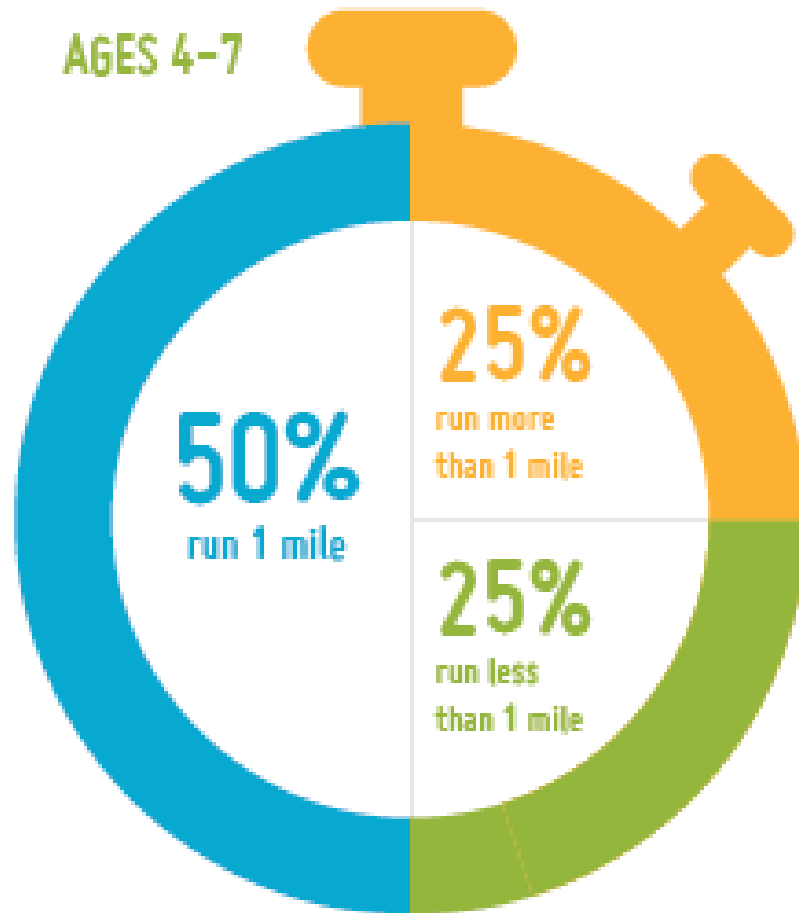
WHAT IS THE DAILY MILE?

- children run or jog for 15 minutes (and sometimes walk)
- it happens outdoors in almost all weathers
- it's 100% inclusive - girls, boys, special and complex needs
- they need to run at least 3 days per week
- children run in their school clothes
- trainers are ideal but not essential
- it's not competitive
- it's social and it's fun
- it's health and wellbeing - physical, social, emotional and mental

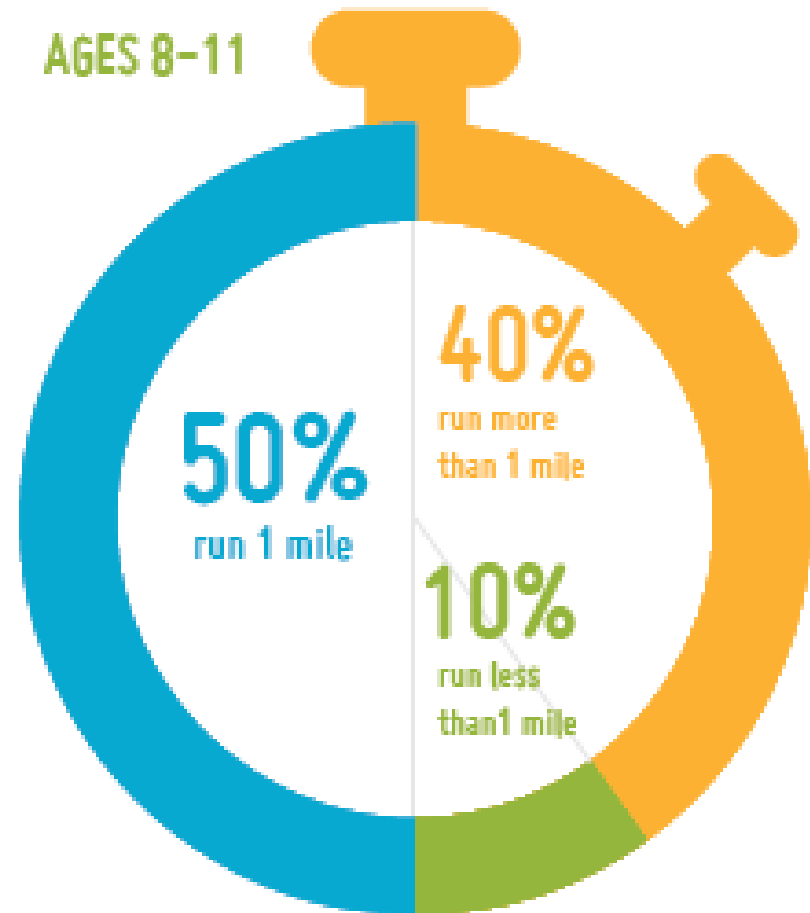


NOT ALL THE CHILDREN RUN A MILE IN THE 15 MINUTES - A SNAPSHOT IN JUNE 2015

AGES 4-7



AGES 8-11


























How The Daily Mile removes the barriers to participation in physical activity

- no kit needed, therefore:
 - no cool / uncool kit
 - no forgetting or losing kit
 - no time wasted changing
 - no body image issues, or revealing your body
- there is no sense of failure
- no equipment, no set up, no tidy up and no warm up
- weather is a benefit, not a barrier
- risk is easily managed

WHY IT WORKS FOR SCHOOLS AND NURSERIES

- it's completely simple to implement and it's totally free
- the time to implement it comes from the HWB curriculum
- positive impact on focus, self esteem and behaviour
- it helps schools to raise attainment for all children
- the HWB benefits extend to teachers and other staff
- overwhelming support from parents
- it works best if teachers choose when to go out
- no staff training is needed



A photograph of three children running on a paved school track. In the foreground, a girl in a pink hoodie and a boy in a white shirt are running towards the camera. In the background, another child is visible near a brick building with large windows. A long, arched, transparent tunnel structure is in the distance, and a grassy field is to the right.

Since we started
The Daily Mile
we have seen a
big increase in
the fitness of our
pupils, who are
energised when
they come back
into the
classrooms.

Headteacher
Lizzie Field



*Parents really like it
and we have been
inundated with
messages of thanks
and positive emails
about it .*

Karen Trafford
Deputy Head

THE DAILY MILE IN THE CURRICULUM

- it's Health & Wellbeing, not sport or PE
- it's a practical HWB solution
- every child every day: ages 3 – 12
- no planning, measurement or assessment is needed
- it helps to raise attainment and offers engaging opportunities for cross-curricular work
- it helps to meet the new requirements for daily physical activity
- it's sustainable in the long term







Special Needs

- works equally well in special provisions and mainstream
- includes children with mobility difficulties
- children with SEN and complex needs take part routinely
- and it can be used therapeutically
- many remarkable individual success stories from around the UK









BENEFITS FOR CHILDREN

- fitness comes in 4 weeks, healthy weight takes longer
- it reduces stress and anxiety, promoting happiness and better emotional and mental health
- it builds resilience, confidence and determination
- develops physical literacy
- children develop a habit where they believe that running every day is normal and natural
- children know that they have a healthier body and are more likely to consider their diet and overall health
- “70 years of better health”





Why do children love The Daily Mile?

think of a memory from your childhood when
you were playing and you were happy

fresh air

friends

fun

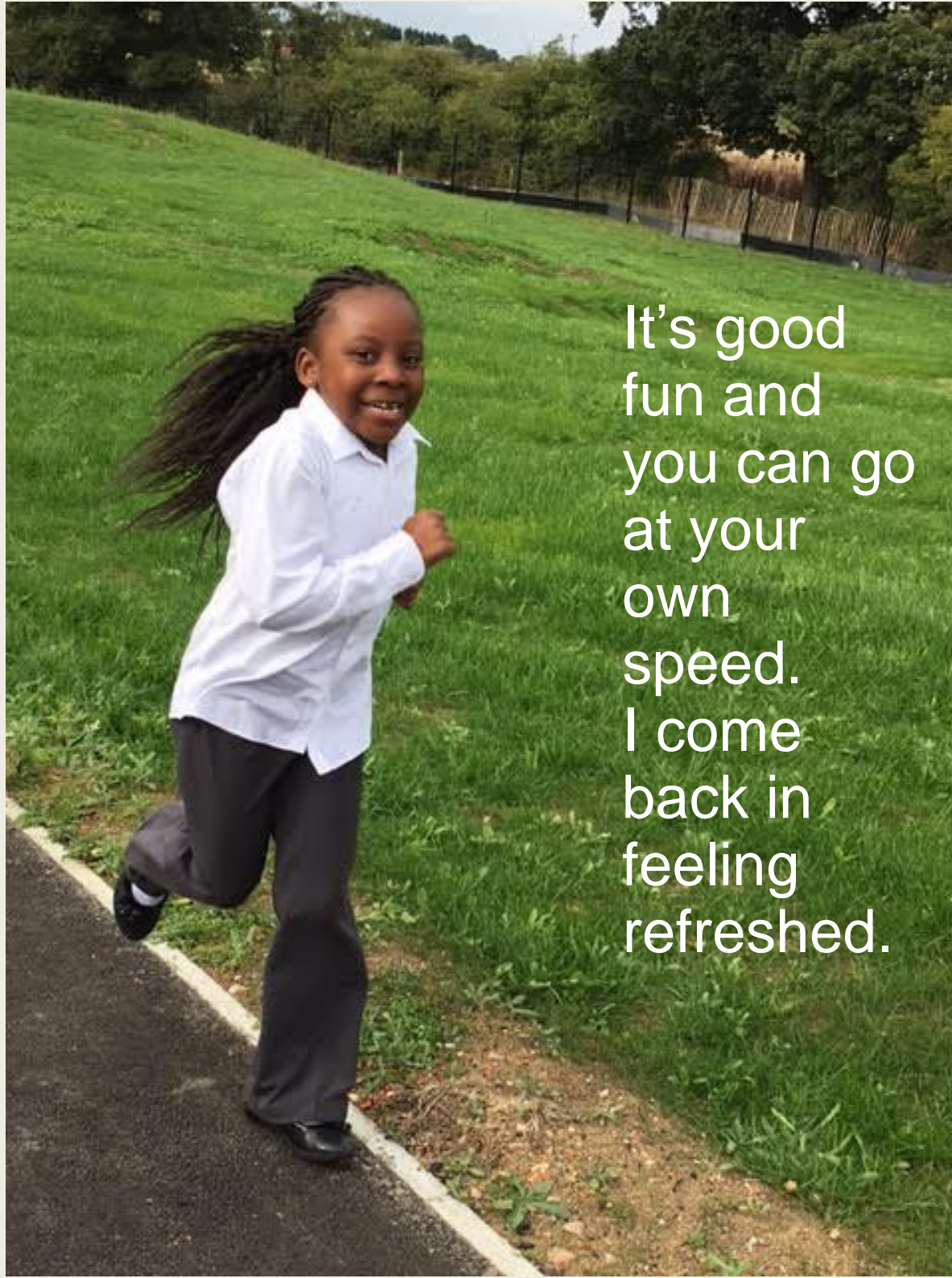
freedom

these needs of childhood are being met



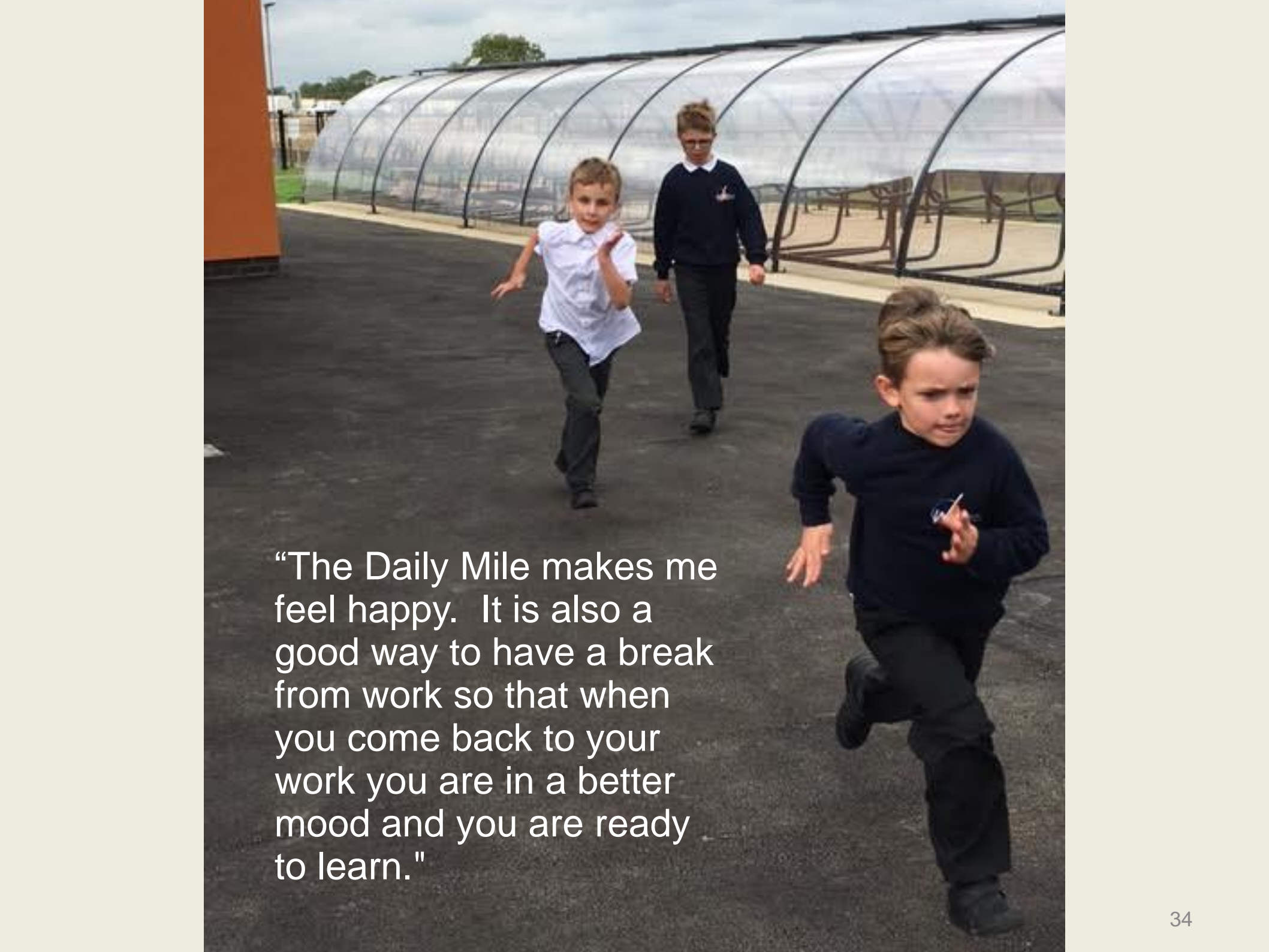


I love The Daily Mile because I love the feeling you get when you run with the sun shining and the wind in your face.



It's good
fun and
you can go
at your
own
speed.
I come
back in
feeling
refreshed.



A photograph of three children running on a dark asphalt path. In the foreground, a boy in a dark blue long-sleeved shirt and black pants is running towards the camera. Behind him, a girl in a white short-sleeved shirt and dark pants is running. Further back, another child in a dark blue shirt and black pants is running. To the right of the path is a large, arched, transparent tunnel-like structure, possibly a covered walkway or a greenhouse. The background shows some trees and a cloudy sky.

"The Daily Mile makes me feel happy. It is also a good way to have a break from work so that when you come back to your work you are in a better mood and you are ready to learn."







WHY PARENTS ARE SUPPORTIVE

- parents know that regular exercise, such as running for 15 minutes a day, is good for their children
- they see the improvement in their children's health
- children are fit to engage in family life beyond school and can encourage their own family to be more active
- it helps to close the gap - no costs, no need to buy kit, pay for classes or transport their children



research

Coppermill Primary, Waltham Forest

- report commissioned by London Playing Fields Foundation
- measurement of fitness, wellbeing and attainment in SATs
- work undertaken over 3 months in 2016
- 76 children from Year 5 and Year 6
- research conducted by Fitmedia Fitness



Some findings

- fitness - using the Cooper 12 Minute Run Test
 - the average fitness percentile result increased from 37% to 64%
 - in Year 5, both boys and girls improved their fitness significantly, from an average of 41% to 77%
 - the fit got much fitter: the results showed outstanding levels of fitness
 - from a health perspective, the number of children recording scores low enough to be an indicator of potential health risks was reduced by 67%



- Wellbeing
 - the children reported significant positive improvements in their sense of wellbeing, self-esteem and satisfaction
 - the children were more alert, attentive and learning-ready after their run
 - they reported feeling happier
- Attainment - SATs results (% rise against independent predictions)
 - Reading +25% Writing +17% Maths +25%



FINAL REMINDERS

- 15 minutes daily – but a minimum of 3 days a week
- it works well if teachers choose when to go out
- every child need not run a mile - they do what they can
- encouragement to run or jog as much as possible
- ideally the path will be about 5-12 laps
- the route should be wide enough for 3 or 4 children
- don't over-complicate it
- simple, child-pleasing measurement works well
- it should be free to implement
- it's every child, every day - participation is for all



find out more
and sign up your school to appear on the UK map

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