



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

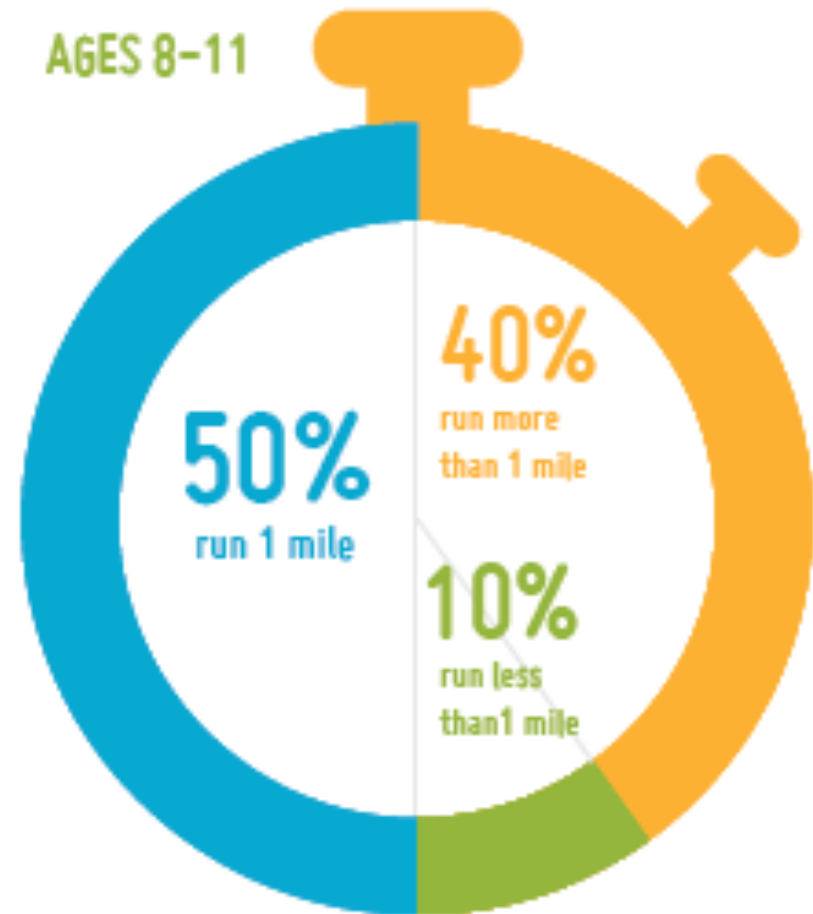
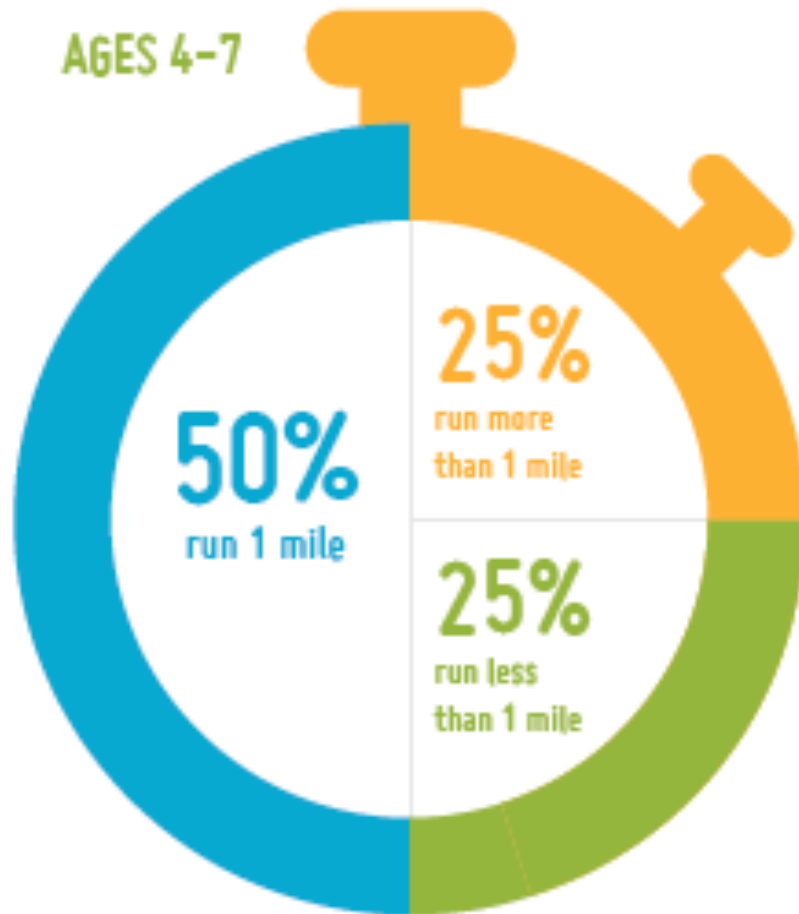


WHAT IS THE DAILY MILE?

- 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





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





*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

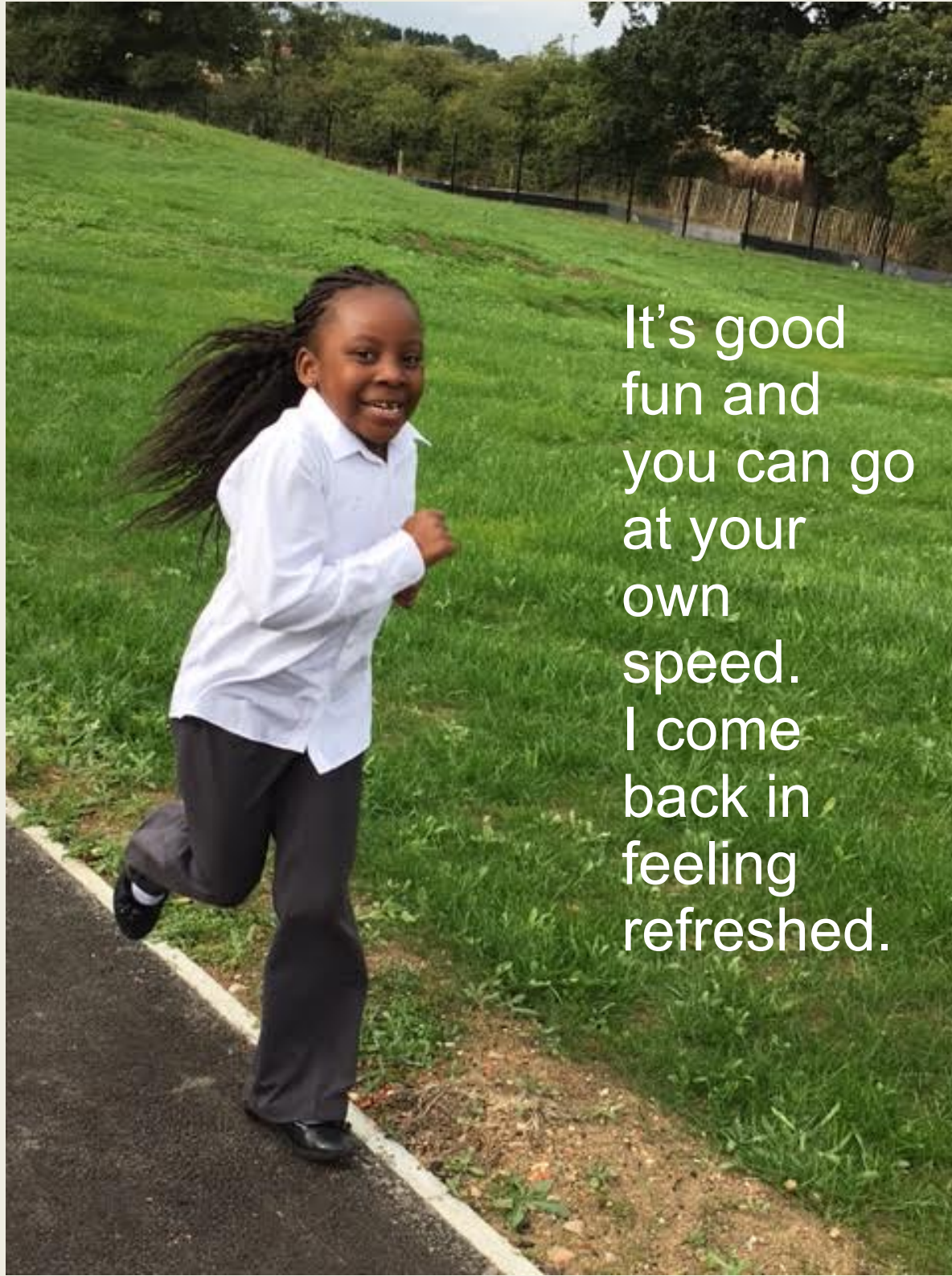
friends

fun

freedom

these needs of childhood are being met





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

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

www.thedailymile.co.uk

follow us

@_thedailymile

contact us

elaine@thedailymile.co.uk

