



'The Daily Mile'

Now that we have an all-weather running track for year round use on the field, The Daily Mile is part of our daily routine. We want to ensure that all our children and staff have healthy bodies and minds.

What is The Daily Mile?

The aim of The Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.



The Daily Mile Works!

- ✔ It takes place in 10/15 minutes, with most children averaging a mile, or more, each day.
- ✔ Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- ✔ No staff training is needed and there is no extra workload for teachers.
- ✔ Children run in their uniforms so no kit or changing time is needed, just like a playtimes!
- ✔ The children return to class ready to learn.
- ✔ It helps to improve fitness and maintain a healthy weight.
- ✔ It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.
- ✔ It's social and fun for children and staff.

How will The Daily Mile work at our school?

Everyday the class teacher will take the class out onto the track for their 'Daily Mile'.

Teachers may decide if they would like to do The Daily Mile at a fixed point in their timetable or they may use their professional judgement to go out onto the track at a time that is right for a 'brain break'.

The children will be outside for between 10 and 15 minutes depending on the children's age. We will be focusing on continuous movement for the entire duration of The Daily Mile; the aim is to complete a mile but not an essential.

Children and staff can walk, jog or run (or a combination of all three)!

Over time children will improve their fitness and therefore, the distance they cover. Each class will be working as a team to week on week improve the number of laps of the track they complete; staff laps count too.

Each week the most improved class in the Key Stage will be awarded 'Runners of the Week' Cup and receive a certificate in our 'Star of the Week' Assembly.

'Believe, Aspire, Grow'



The research all supports the benefits of 'The Daily Mile' - benefits that go beyond the physical. If you want to know more, take a look:

<https://thedailymile.co.uk/research/>