



# WHAT OUR CHILDREN LIKE ABOUT THE DAILY MILE

## **MAIRI**

The benefits of doing the Daily Mile are that it keeps you fit and healthy as well as enjoying running. Doing the Daily Mile not only keeps you physically fit but also mentally fit. It wakes you up and keeps you happy as well as getting fresh air.

## **MILLIE**

The reason I like the Daily Mile is because it wakes you up and gets you ready for learning.

## **MADISON**

You get physically fit. It gets you fresh air and lots of benefits too. It also helps you to get better at running.

## **AMY**

You get fitter and your legs get stronger. You get a lot of fresh air as well.

## **MAYTHU**

You get loads of good things out of the Daily Mile. I mean fifteen minutes or so of fresh air outside is greatly beneficial and it makes it even better for you physically and mentally when you are running a full mile.

## **AQIB**

It makes you physically and mentally stimulated and keeps you healthy and fitter and it's really fun. It also keeps you active. It improves your running and wakes you up.

## **CAMERON**

It helps your stamina and speed and also it's really fun.

## **JOEL**

I like the Daily Mile because after lunch it gets all stuffy and we get tired so we do the daily mile and then we are nice and fresh. Also it helps us to get a lot more fit.

## **SOPHIE**

I think the Daily Mile benefits me because it keeps me physically fit, mentally fit and emotionally fit. It also gives you more fresh air. I feel it wakes me up a lot.

## **KIRSTY**

From doing the Daily Mile you will get mentally and physically fit. The muscles in your legs will get a lot stronger. You will be able to run for longer.

## **NEVE**

Well, the Daily Mile is good for physical health. It also gives you fresh air because it can get very hot in the class. The last thing is it gives you a feeling of freedom.

## **ANTHONY**

The Daily Mile is good for us physically and mentally. It makes you stronger and helps you to be used to running anywhere without getting a stitch. The Daily Mile is good mentally too. After coming in from doing the mile we always feel really good about it. It also stimulates our brains.

## **CLARE**

The Daily Mile is great to do because it keeps you fit and builds up your stamina. Everyone can join in which is great because it means you can run with your friends and also keep fit at the same time. We usually do it at about two o'clock so we get fresh air and get out of the stuffy classroom.

## **ELLEN**

From the Daily Mile you get lots of fresh air, to keep fit and a chance to feel happy about yourself. By doing the Daily Mile it releases a feeling into your head which makes you feel happy. These are only some of the many many things you get from the great Daily Mile.

## **CHLOE**

It is good to do the Daily Mile because if you get frustrated it clears your mind and makes you happy.

## **ETHAN**

It's good because it helps build a positive outlook on exercise.

## **MEGAN**

It is good to do the Daily Mile because it gives you an opportunity to talk with your teacher.

## **BROOKE**

It is good to do the Daily Mile because it helps to build your social skills.

## **GEMMA**

The Daily Mile is great because it helps us keep fit. The Daily Mile helps our stamina.