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EVOLUTION OF THE DAILY MILE

ST. NINIANS PRIMARY SCHOOL, STIRLING

FEBRUARY 2012




- A Y5 class could not run round the field
- Pupils decided to walk/run for 15 minutes every day
- Averaged 5 laps in 15 mins = 1 mile – so The Daily Mile was born
- Children, staff and parents loved it!

JUNE 2012 – SEPTEMBER 2013




- Whole school got involved
- Nursery class (3–5 year olds) got involved
- **Childhood obesity levels** at original Daily Mile school are **lower than national average**





“Daily running is one of the best interventions for regular physical activity in primary schools in a generation.” – Tim Howells, London Project Manager, England Athletics



A group of young children in red school sweaters and grey trousers/skirts are running happily on a paved path outdoors. The background shows a school building and greenery.











“The benefits are clear — as well as the children getting stronger and fitter, we’ve noticed the children are more alert in the afternoons and their attention in class has also improved.” – Adrienne Knight, Headteacher of Woodlands School, Surrey



"I love getting
outside for
fresh air."
– Pupil, Kemnay
Primary School



THE 10 CORE PRINCIPLES

-  15-minute turnaround from desk to desk
-  100% participation including children with SEN or ASN
-  Children run in their school clothes
-  It's not competitive, it's social and it's fun
-  It happens outside in almost all weathers
-  Children can run, jog or walk
-  It should be kept simple and uncomplicated
-  Mark out a track or path – 5–10 laps works well
-  Risk assess your path/track – involve the children for 'active learning'
-  There's no need to warm up, no set-up, and no tidy-up – straight outside and off they go!



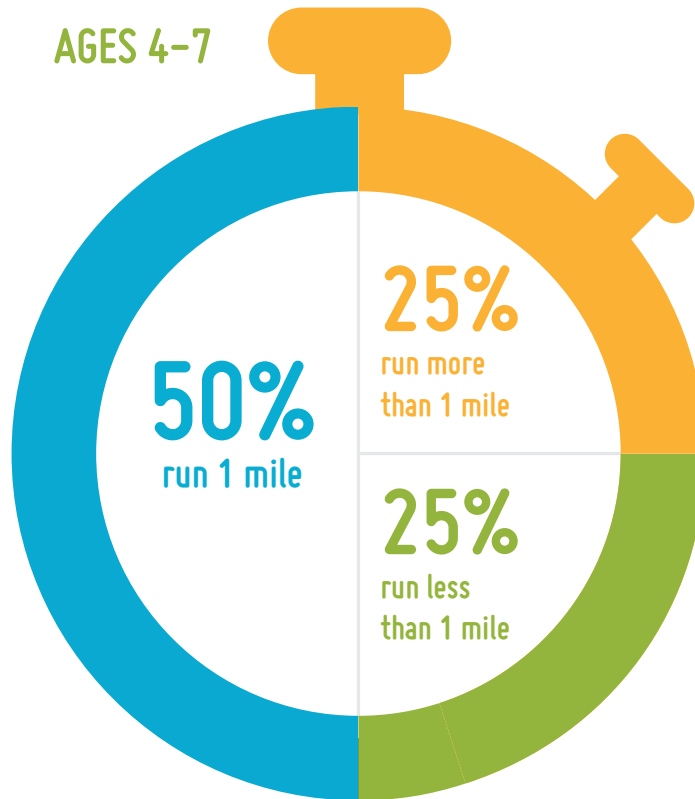
THE DAILY MILE IN THE CURRICULUM

- Supports children's **Health & Wellbeing** – physical, mental, social and emotional
- Regular physical activity is known to raise attainment
- It's not PE, not sport or cross-country
- It's a bonus not a burden
- It's only 15 minutes a day
- It's flexible
- It's free!

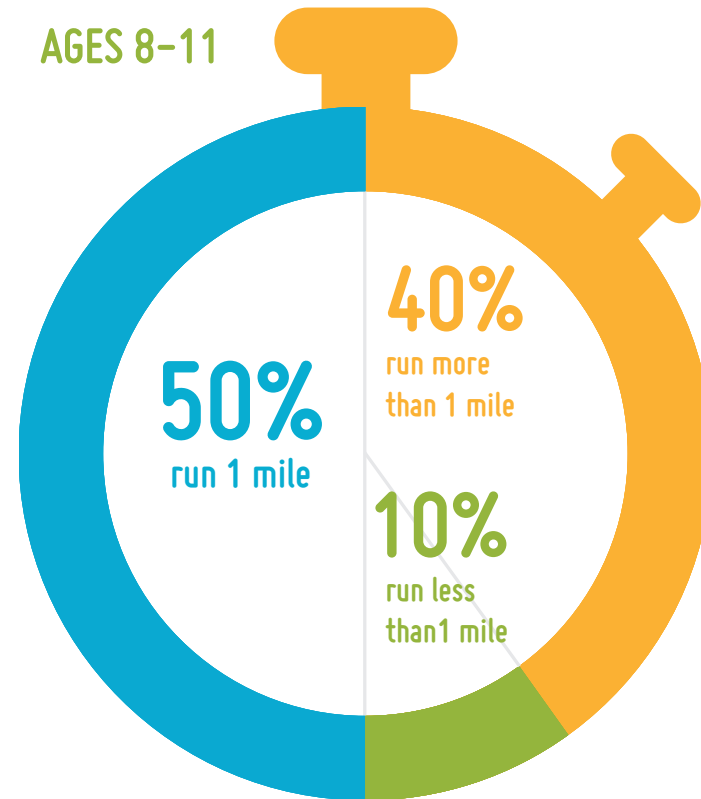


HOW FAR DO THE CHILDREN RUN IN 15 MINUTES?

AGES 4-7



AGES 8-11



CHILDREN OWN THEIR DAILY MILE

- They choose to walk, jog or run
- It's **non-competitive**: no-one is first or last
- Keen on sport or not – it works for all
- All children succeed, regardless of age or personal circumstance
- The Daily Mile meets the needs of childhood: **fun, friends, freedom, and fresh air**



“The children are very enthusiastic; when I say it’s time for The Daily Mile, they all cheer.” – Y1/R Teacher



“The Daily Mile
really helps me
with my sports –
football and cross-
country running
– because it keeps
me fit and gives
me more energy.”
– Y5 Pupil, St
Mary’s CE (VC)
Primary School,
Kingswinford



“I think this mile a day will make a difference. Children must be given every chance to live healthily.” – Lord Seb Coe



A group of children in purple school uniforms are running across a large green field. In the background, there is a large, ornate church with a tall spire, surrounded by trees and other buildings. The sky is clear and blue.

“Teachers are finding the children calmer and more focused in class directly after their run.” – Karen Trafford, Deputy Headteacher, St. Polycarps School, Farnham

REMOVING BARRIERS TO 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's no equipment, no set up and no tidy up
- Weather is a benefit, not a barrier
- There's no need to be sporty or competitive
- Risk assessment is straightforward
- The Daily Mile is **free**




SEN AND ASN

- Works in special provisions and mainstream
- Many success stories from around the UK
- Includes children with mobility difficulties
- Children with SEN or ASN take part routinely
- ... and it can be used therapeutically



Woodlands School, Surrey



A photograph of two children running towards the camera in a schoolyard. The child in the foreground is a Black girl with a joyful expression, wearing a red long-sleeved shirt under a dark grey pinafore dress. The child in the background is a white boy with blonde hair, wearing a white polo shirt and dark trousers. They are running on a paved path with green trees and residential houses in the background. A quote is overlaid on the left side of the image.

“Physically active children and young people perform better academically than their inactive peers, and those who are most active benefit the most.” – Dr Richard Bailey, International Council of Sport Science and Physical Education





The
**Daily
Miley**
children fit for life

THE BENEFITS


- Clear improvement in the children's health and wellbeing
- Children become fit and can access PE
- Obesity and sedentary behaviour is tackled
- Self-esteem is raised
- Improved focus in the classroom
- Improved peer and student/teacher relationships
- Reduced stress and anxiety
- Improved resilience





“We run a mile every day. We run The Daily Mile if it is sunny, rainy, cloudy or snowing.”
– Pupil, Lundavra Primary School





“It is really nice to know our children are outside benefitting from the fresh air and beautiful surroundings.” – Mrs Grubert, Y2 Parent, Pondhu School, Cornwall

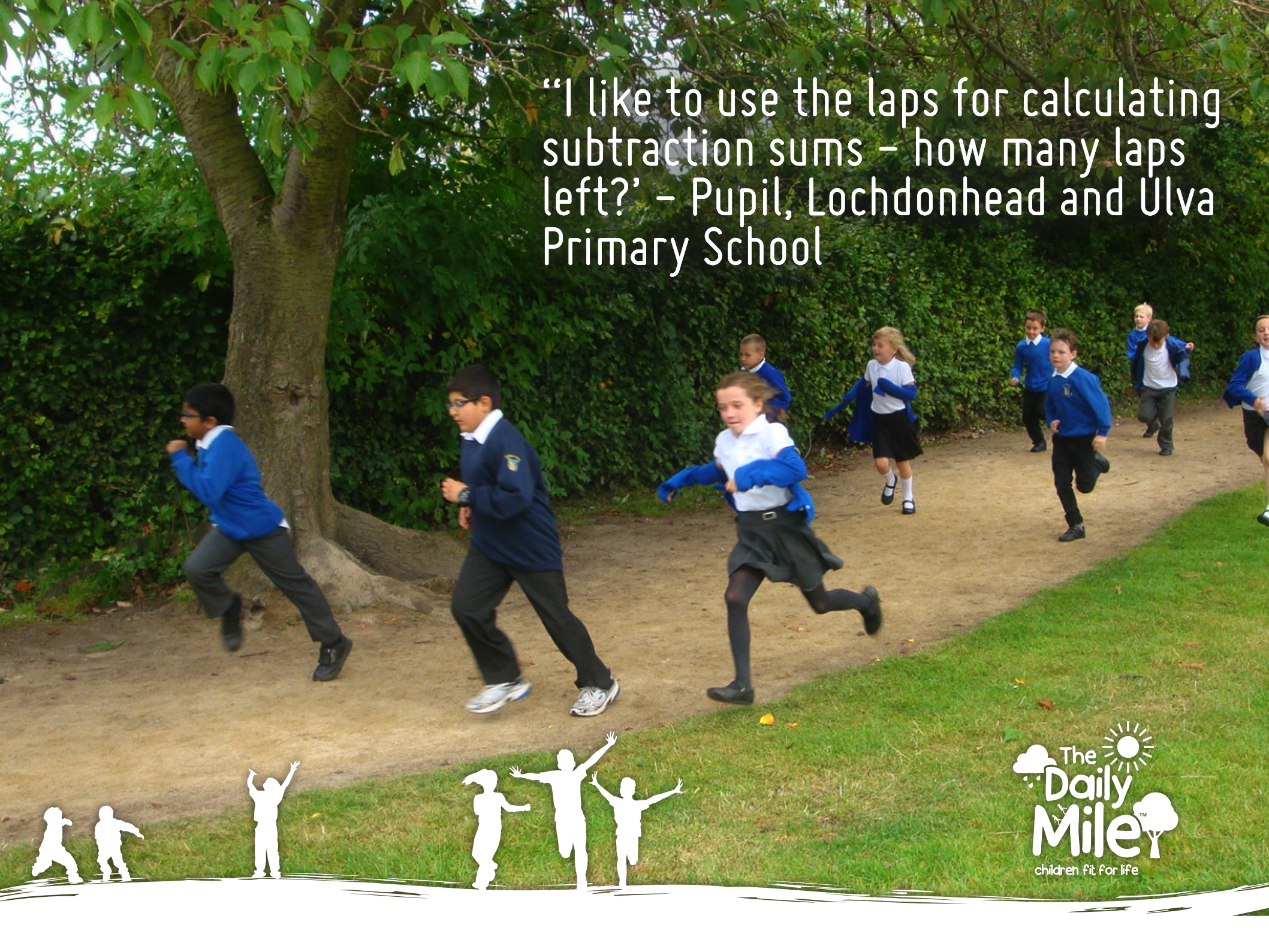


WHY DOES THE DAILY MILE WORK?

- It takes place where all our children are every day
- It's simple to implement
- It's popular and makes children happy
- It meets the needs of childhood:
fun, friends, freedom, fresh air
...**fitness** comes with the territory
- It's sustainable
- It delivers a solution, not just a message
- **"If not us, then who? If not now, then when?"**
Elaine Wyllie, Founder



“I like to use the laps for calculating subtraction sums – how many laps left?” – Pupil, Lochdonhead and Ulva Primary School



“These teachers
have not only
helped to make
these kids fit
today, they have
bought them
another seventy
years of better
health.” – Maureen
Bisognano,
CEO, Institute
for Healthcare
Improvement



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