



CONTENT

- WHAT IS THE DAILY MILE?
- THE 10 CORE PRINCIPLES
- THE DAILY MILE IN THE CURRICULUM
- HOW FAR DO THE CHILDREN RUN IN 15 MINUTES?
- REMOVING BARRIERS TO PHYSICAL ACTIVITY
- SPECIAL AND COMPLEX NEEDS
- THE BENEFITS
- WHY DOES THE DAILY MILE WORK?



WHAT IS THE DAILY MILE?

- A physical activity which improves children's health and wellbeing
- It takes place in 15 minutes, with most children averaging a mile, or more, each day
- It's social, non-competitive and fun
- Children run at their own pace outside in the fresh air – and the weather is a benefit, not a barrier
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile
- No staff training is needed and there is no extra workload for teachers
- There's no set-up, tidy up, or equipment required
- Children run in their school clothes, so no kit or changing time is needed
- The children return to class ready to learn
- It encourages children to be aware of their health













“The Daily Mile is an excellent programme. It is simple and inclusive, and it can successfully engage children in physical activity, who would otherwise not undertake that physical activity... I certainly agree that we want more schools to adopt the active approach and adopt The Daily Mile.”

Theresa May, Prime Minister of the United Kingdom



THE 10 CORE PRINCIPLES

-  QUICK – takes just 15 minutes
-  FUN – done in a social setting
-  100% – fully inclusive, including children with mobility difficulties
-  WEATHER – a benefit, not a barrier
-  ROUTE – use a firm and mud-free surface
-  RISK – assess the route to ensure safety
-  WHEN TO GO – during curricular time, at least three times a week
-  CLOTHES – run in school clothes
-  OWN PACE – children run or jog at their own pace, walking intermittently to catch their breath
-  SIMPLE – keep it simple



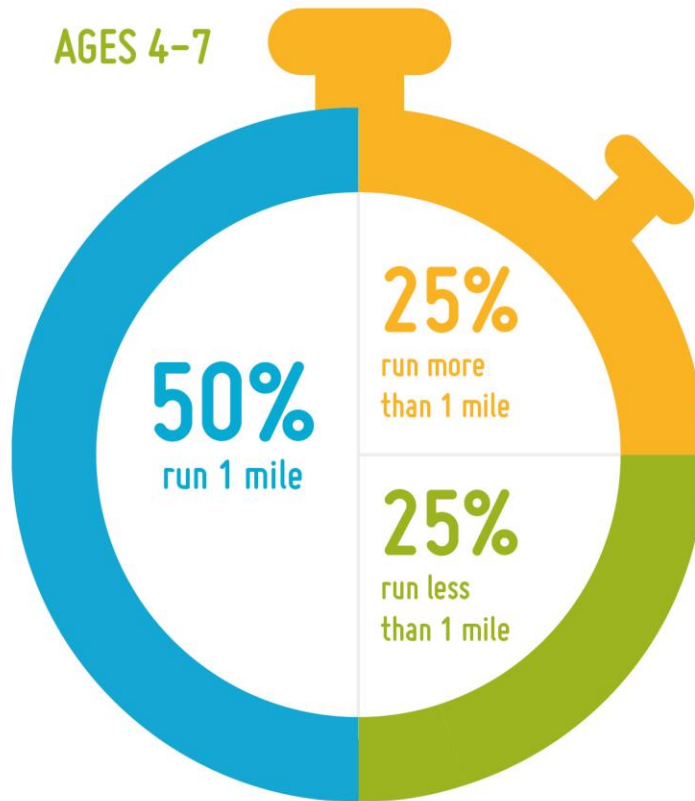
THE DAILY MILE IN THE CURRICULUM

- A practical approach to improving children's social, emotional, physical and mental health and wellbeing
- Improves behaviour and concentration
- Regular physical activity is known to raise attainment
- Not PE or sport but improves access to both
- Contributes towards time recommended for daily physical activity
- No workload for staff
- Only takes 15 minutes a day
- Works best at a time of the teacher's choosing
- Connections can be made to classwork
- Always free

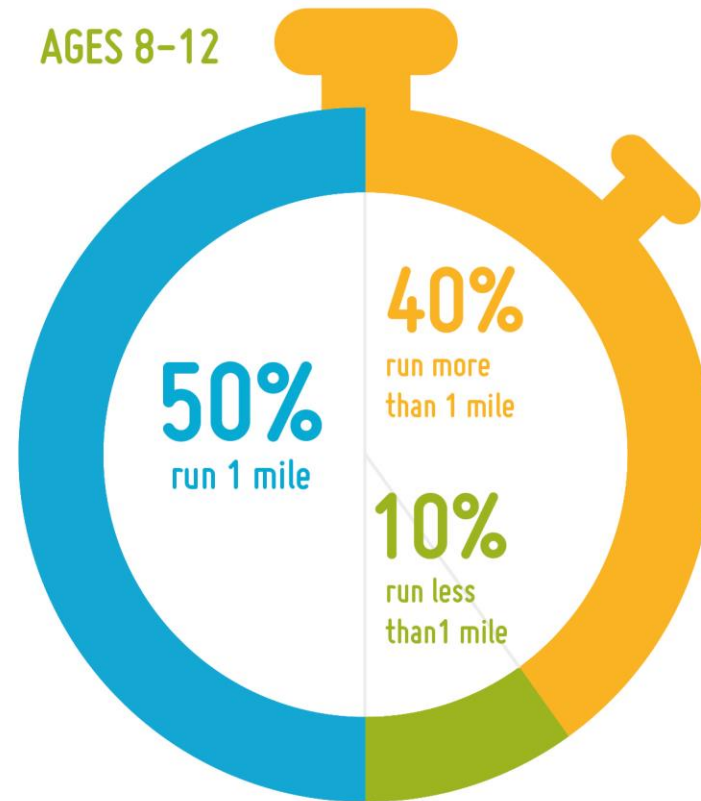


HOW FAR DO THE CHILDREN RUN IN 15 MINUTES?

AGES 4-7



AGES 8-12



“It’s fantastic to see initiatives like The Daily Mile be established, showing real leadership from the education sector to improve children’s fitness levels, their cognitive behaviour and make a real difference to schools, teachers, parents and young people’s lives. We know sitting still kills; not sitting still helps children build skills that will stay with them for life.”

Lady Tanni Grey-Thomson



REMOVING BARRIERS TO PHYSICAL ACTIVITY

- No kit needed, therefore:
 - no cool/uncool kit
 - no forgetting or losing kit
 - no time spent changing
 - no body image issues
- No equipment, set-up, tidy-up or warm-up
- Weather is a benefit, not a barrier
- No need to be sporty or competitive
- No budget or training required
- No need for over-complication - the simplicity of running/jogging works best
- Straightforward to risk assess
- Offers an activity which is fully inclusive
- The Daily Mile is always free
- No failure - all children succeed no matter their age, ability or circumstances



SPECIAL AND COMPLEX NEEDS

- Works well in special settings and mainstream
- Children with mobility difficulties participate routinely with appropriate support
- Many success stories from around the UK
- Provides opportunities for isolated children to socialise
- Can help to mitigate adverse childhood experiences
- Has helped with a range of medical diagnoses: diabetes, asthma, brittle bone disease, cerebral palsy, cystic fibrosis, dyspraxia



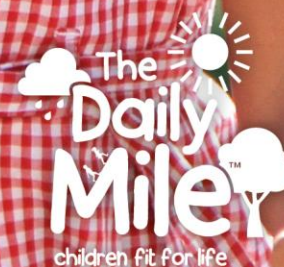
Woodlands School, Surrey



“

There is no silver bullet in turning the tide on obesity, but in my view The Daily Mile is a key part of a whole systems approach to tackling the epidemic. It ingrains a lifelong habit in our kids of taking regular physical activity; and regular physical activity in childhood is a completely separate risk factor for future heart disease in adults.”

Danny Ruta, Director of Public Health
Lewisham for NHS Lewisham
and Physical Education




THE BENEFITS

- Positive impact on children's physical, social, emotional and mental health & well-being
- Fitter children can access PE and sport
- Obesity levels are reduced over time
- Sedentary behaviour is reduced and moderate to vigorous physical activity (MVPA) increased
- Improves resilience, self-esteem and determination
- Helps children to connect with nature and the seasons
- Empowers children to take responsibility for self-care



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





“It’s important for the students to spend as much time as possible in the fresh air, being active. I think this helps their concentration and learning for the rest of the day, in addition to improving their physical health. The structure of The Daily Mile programme means this happens regularly and helps the class set and achieve specific goals.”

Nicky, Y3 Parent from
St Andrew’s Catholic College



WHY DOES THE DAILY MILE WORK?

- It takes place where all our children are every day
- It's simple to implement and free
- It requires no equipment or training
- It's sustainable in the long-term
- The children enjoy it and look forward to it
- It meets many of the needs of childhood: fun, friends, freedom, fresh air
- The children are visibly fitter in four weeks and can maintain or improve this level of fitness
- It offers a practical approach, not just a message
- It helps to improve body composition
- There are no under-represented groups



A group of five children in school uniforms and raincoats are running on a wet pavement. The child on the far left is a girl in a purple raincoat and dark blue school uniform, smiling and holding the hood. Next to her is a boy in an orange raincoat, also smiling. In the center is a boy in a dark blue raincoat, looking forward. Behind him is another boy in a dark blue raincoat. On the far right is a girl in a dark blue raincoat and grey school uniform, smiling. In the background, other children in school uniforms are visible, and a brick wall is at the top of the frame.

“
I love doing The Daily Mile because
I can run with my friends and get
healthier at the same time.”

Year 5 Pupil from All Saints Church of England
Primary School



“The Daily Mile has already proved a great success for the schools that are taking part with a hugely positive impact on children’s health and wellbeing... We are aiming to get the whole country engaged with this initiative and every UK primary school taking part.”

Carolyn McCall, CEO of ITV





supported by
INEOS



Founder Elaine Wyllie