



HOW THE DAILY MILE EVOLVED

- the children simply ran as many laps as they could in 15 minutes
- after 4 weeks most of the children **averaged** 5 laps
- in measuring the path they found that 5 laps = 1 mile
- so their **daily 15 minutes** was called **The Daily Mile**
- it then developed quickly and was easily integrated into the normal life of the school and nursery
- together, we had identified the problem and then created a practical solution, not just a health message









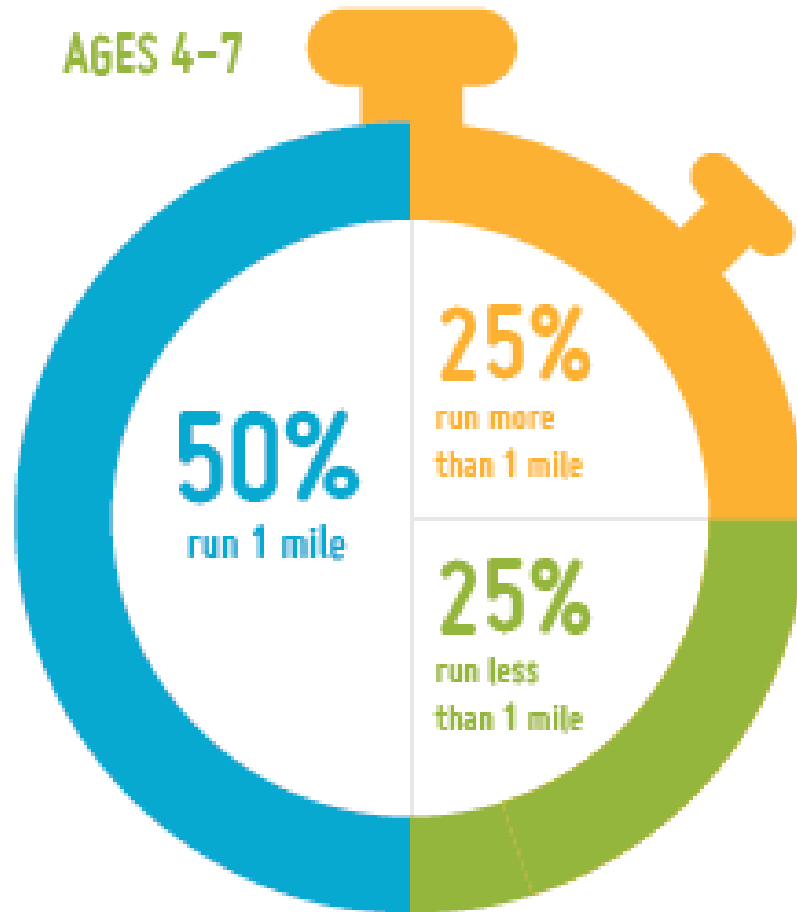
WHAT IS THE DAILY MILE?

- an outdoor daily physical activity, taking 15 minutes
- in the 15 minutes, children aged 3 - 12, average a mile
- it's 100% inclusive - SEN, girls, boys
- it's H&WB - not PE, cross country or sport
- it's not competitive - you can't see who's first or last
- children run for most or all of the way with teachers encouraging them as required
- the class run in their school clothes - no kit needed
- the weather and seasons are a benefit not a barrier
- it's an easily sustainable activity for years to come

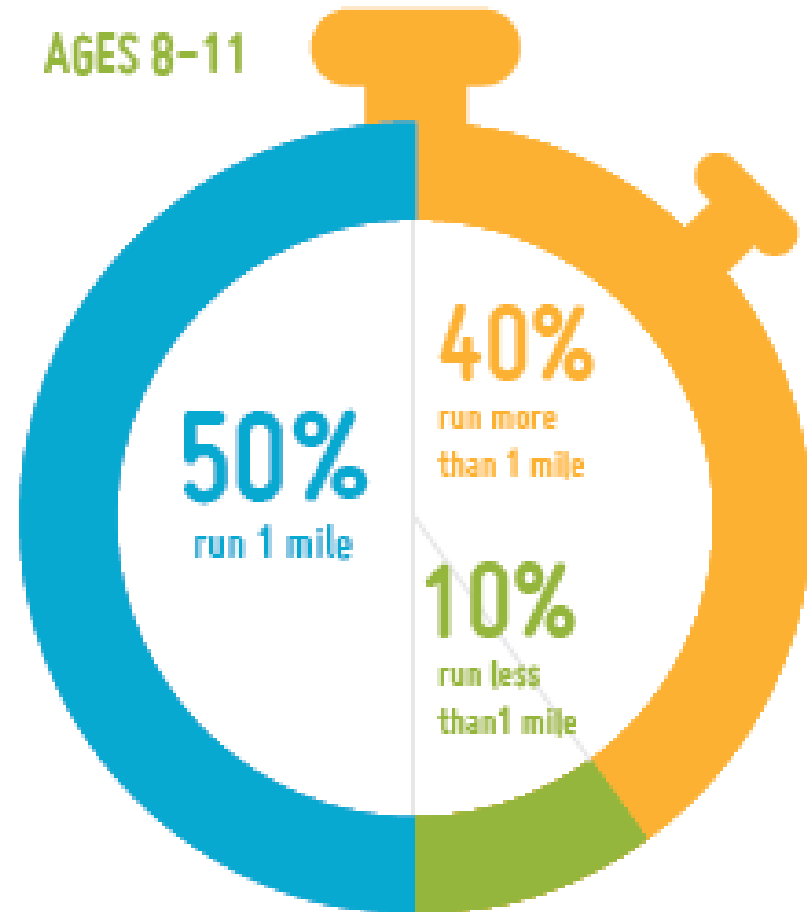


15 MINUTES...SNAPSHOT IN JUNE 2015

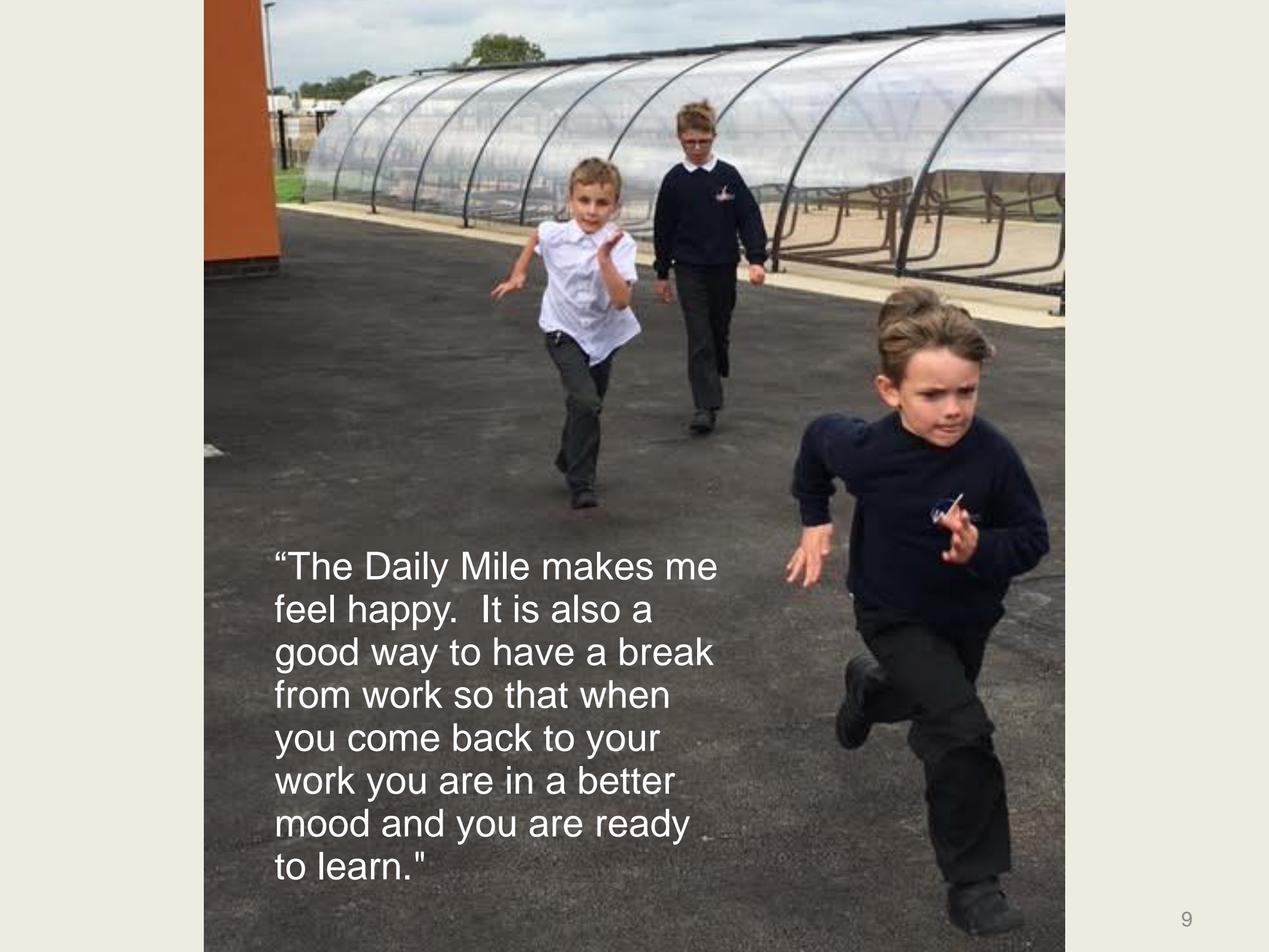
AGES 4-7



AGES 8-11





A photograph of three children running on a dark asphalt path. In the foreground, a boy in a dark blue long-sleeved shirt and black pants is running towards the camera. Behind him, a girl in a white short-sleeved shirt and dark pants is running. Further back, another child in a dark blue shirt and black pants is running. To the right of the path is a large, curved, transparent tunnel-like structure made of plastic or glass panels supported by a metal frame. The background shows some greenery and a cloudy sky.

"The Daily Mile makes me feel happy. It is also a good way to have a break from work so that when you come back to your work you are in a better mood and you are ready to learn."



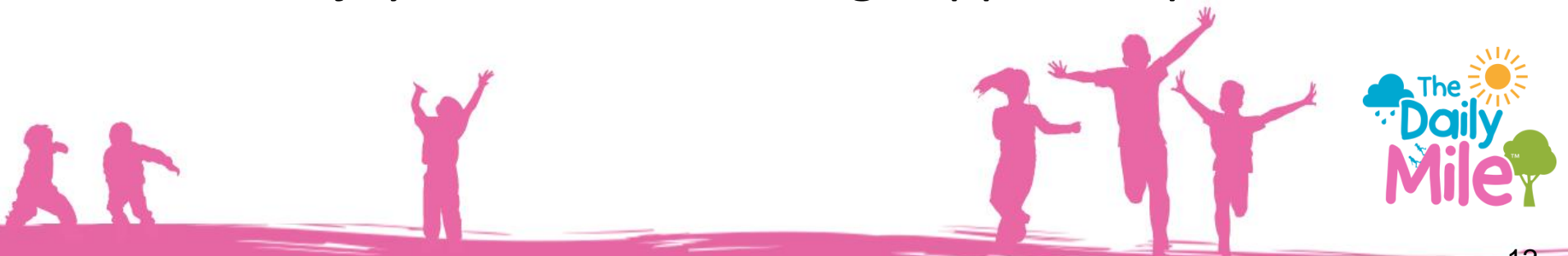
THE DAILY MILE IN THE CURRICULUM


- it's part of the Health & Wellbeing curriculum
- it has a very positive impact on the children's physical, social, emotional and mental Health & Wellbeing
- it helps to raise attainment and offers engaging opportunities for cross-curricular work
- it's not PE but helps children access PE and sport



WHY IT WORKS FOR SCHOOLS

- it's completely simple and it's totally free
- no planning, measurement or assessment is needed
- no staff training, no equipment, no set up or tidy up
- very flexible to implement and no time is wasted
- positive impact on focus, self esteem and behaviour
- helps schools to raise attainment for all children
- helps to meet the requirements for daily physical activity
- the H&WB benefits extend to teachers and other staff
- schools enjoy the overwhelming support of parents



A photograph of three children running on a dark asphalt track. In the foreground, a girl in a pink hoodie and a boy in a white shirt are running towards the camera. In the background, another child is visible near a brick building with large windows. A long, arched, transparent tunnel structure is in the distance, and a grassy field is to the right.

Since we started
The Daily Mile
we have seen a
big increase in
the fitness of our
pupils, who are
energised when
they come back
into the
classrooms.

Headteacher
Lizzie Field







CHILDHOOD, IN A GOLDEN 15 MINUTES

- it's child pleasing - fun, friends, fresh air, freedom
- fitness comes with the territory
- The Daily Mile meets the needs of childhood



BENEFITS FOR CHILDREN

- every child, whatever their age, ability or circumstances, succeeds at The Daily Mile - there is no sense of failure
- children recognise they have a healthier body and are more likely to consider their diet and overall health
- fitness comes in 4 weeks, healthy weight takes longer
- it reduces stress and anxiety and promotes happiness
- no kit is needed - so no issues around kit or body image
- it builds resilience, confidence and determination
- it helps children to develop a habit where they believe that running every day is normal and natural





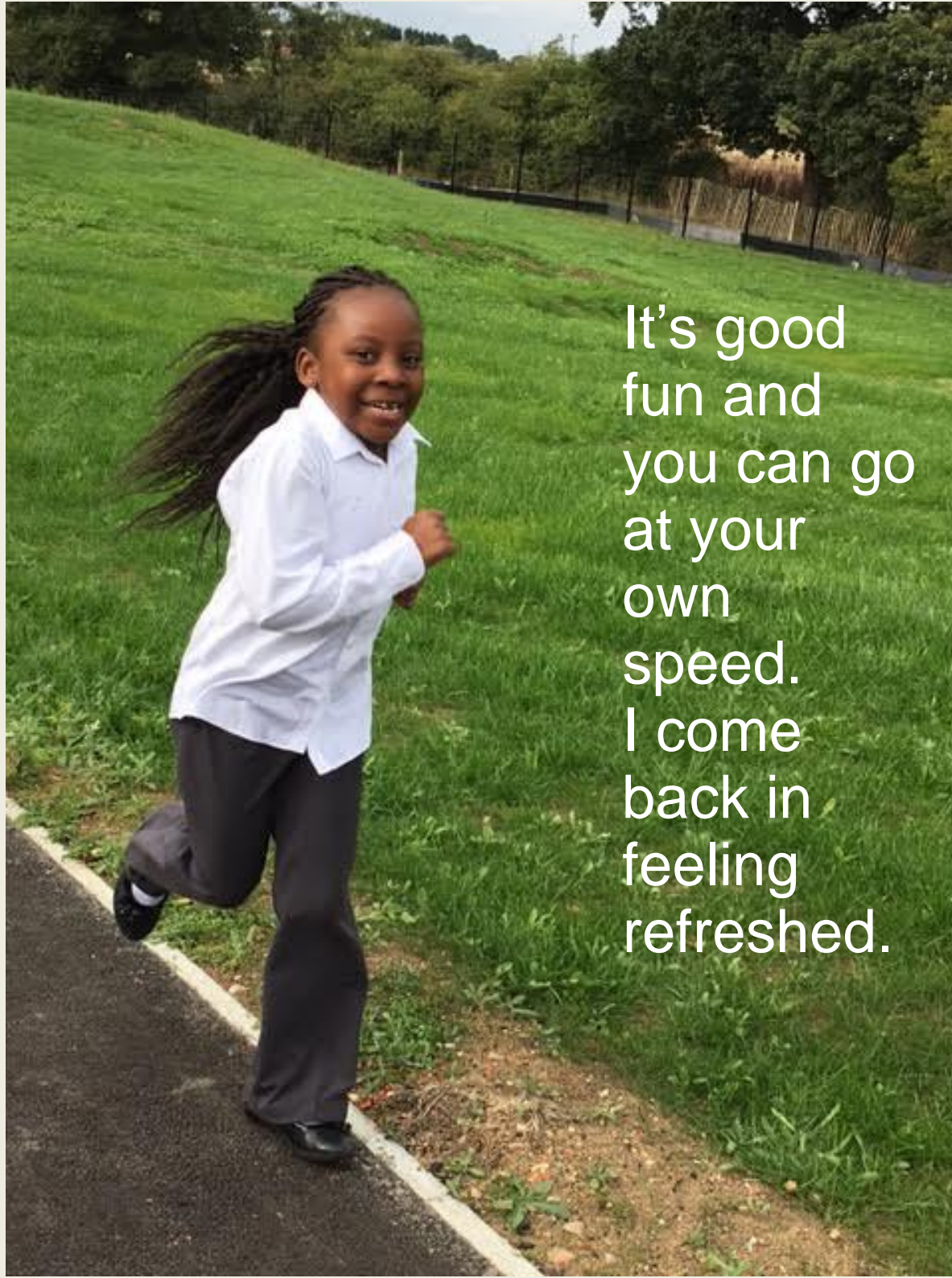
I love The Daily Mile because I love the feeling you get when you run with the sun shining and the wind in your face.



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





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

Recent research

- report into fitness, wellbeing and attainment in SATs
- commissioned by London Playing Fields Foundation
- Coppermill Primary School Waltham Forest
- 76 children from Year 5 and Year 6
- over 3 months in 2016
- research conducted by Fitmedia Fitness



What was measured

- fitness - the Cooper 12 Minute Run Test
- wellbeing - a bespoke children's questionnaire
- attainment - SATs results



Fitness

- the average fitness percentile result increased from 37% to 64%
- the average distance run increased by 19%
- from a health perspective, the number of children recording scores low enough to be an indicator of potential health risks was reduced by 67%
- in Year 5, both boys and girls improved their fitness significantly, from an average of 41% to 77%.

Wellbeing

- the children reported positive improvements in their sense of wellbeing, self-esteem and satisfaction

Attainment - SATs results (% rise against independent predictions)

- Reading +25%
- Writing +17%
- Maths +25%





*Parents really like it
and we have been
inundated with
messages of thanks
and positive emails
about it .*

Karen Trafford
Deputy Head

10 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
- encourage them 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



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and sign up your school to appear on the UK map

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