



# IS YOUR SCHOOL GOING THE EXTRA MILE?

Today's children are caught up in a physical activity crisis, compromising their health and wellbeing both now and for the future.

Experts agree that something must be done to change lifestyles – and The Daily Mile is a simple, free and effective answer.

The Daily Mile is a **free, fully inclusive, outdoor** initiative that encourages primary school children to **walk, jog or run** a mile each day in school. It's a simple scheme that supports classroom learning and improves the children's confidence, concentration and behaviour. Most importantly, they love it!

The Daily Mile takes 15 minutes desk-to-desk and, **in that time, most will average a mile.** It's no fuss, fun, and has a huge impact all day and far beyond.

## WHY THE DAILY MILE?

- It makes fitness fun and social!
- Children of all abilities, including SEN, can take part.
- The weather is a benefit, not a barrier!
- Tracks/paths can be looped around almost any playing space.
- It's quick – kids just go! No need to stretch or change clothes.
- The children own their Daily Mile and become more aware of, and responsible for, their own health and fitness.\*



\* For more, see [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

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The Daily Mile has been formally recommended for all schools by the Scottish Government, who are due to roll out the scheme across Scotland.

It has also been formally recommended to primaries in the UK Government's Childhood Obesity Strategy.

Visit our website to find out more!

“ 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 and their cognitive behaviour, and make a real difference to schools, teachers, parents and young people's lives. ”

*Tanni Grey-Thompson*

“ Every child, no matter their circumstances, age or ability, can succeed at the Daily Mile. ”

*Thomas Dowens,  
Education Scotland*

“ I love it. It's really nice to get some fresh air and to be social with other classes. I feel much fitter and healthy now I'm doing a mile a day. ”

*Janey, P6 Pupil at  
Tingwall 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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REGISTER ONLINE TO JOIN THE DAILY MILE COMMUNITY – and send us news of your school's Daily Mile!

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