



WHAT STAFF SAY ABOUT THE BENEFITS OF THE DAILY MILE

- Everyone can do it – walk, jog, run
- No equipment or kit required
- Maintains fitness and stamina
- Time to chat – adult / child
- Fresh air brightens mood
- Children get a chance to be equal
- ASL children able to join in on equal footing and show enjoyment
- Regular occurrence improves children's stamina for running / exercise
- Can easily include maths – e.g. data handling
- Fresh air
- Social aspects – running / walking with your friends
- Easy to implement
- Stimulates brain for learning
- No need to change their clothes
- Runs off energy and allows children to settle better at activities
- Allows children and staff to interact and chat in a relaxed manner
- Improves concentration
- Obvious health benefits
- Nursery staff reach the recommended twenty minutes of exercise a day in work time!
- Curricular links e.g. Daily Nile for rivers topic
- Improved fitness levels allows greater participation in other activities
- Helps with motivation on return to class
- Children look forward to it
- It's an afternoon break with a purpose
- It makes children more determined to succeed
- Settles some children
- Sense of achievement when setting individual goals
- Improves teacher's concentration so children benefit
- Chance for some children to shine
- Mental alertness is improved
- Encourages children to be more active and fit
- Children are exposed to and used to a physical / active lifestyle
- Breaks down the classroom walls
- Embeds resilience in children
- All children in the school and nursery are included
- Children are linked to the seasons





ADVICE FROM STAFF ON HOW IT WORKS

- Use a variety of ways to run the mile, e.g.
 - Counters to keep a check on how many
 - Count class total daily
 - Do personal marathons
 - How many laps in a certain time
- P7 benefit from running with their P1 buddies and vice versa
- Running in teams of four – each member is a pacemaker for one lap
- Personal best time
- Stamp cards when running laps for the marathon
- Don't go out when it's pouring with rain – the timing is flexible
- On the days when you can't be bothered or you are unmotivated - DO IT! You will feel better
- Encourage parents to send the appropriate footwear for The Daily Mile
- Use cubes / stamp cards / to show laps run / visual prompt for laps run
- Vary it / provide further challenge to keep children engaged
- Enjoy it
- Go out in the rain
- Get involved – you will feel fitter and the children will benefit / be motivated by seeing you moving too
- Be flexible with timings
- Join in!
- Link to the curriculum sometimes but not always – many maths activities are possible and relevant
- Mini display board with daily stats
- Go to the toilet first (Primary one!)
- Chat to the children and encourage them to run on
- The Daily Mile
- Run city to city
- Run a river or across a continent
- Run a pilgrimage or someone's journey
- Run the Tour de France
- Timing and measure in maths
- Changing the focus keeps it fresh
- Have some rules and ask the children to make them up
- Be flexible – do it whenever suits – it's good to go out in the afternoon when they are beginning to flag
- Don't worry too much about the transition – it becomes very smooth and slick as children get used to it
- Set ground rules e.g. when we start to line up to go back inside, if some children are still running round, they run to catc hup so that noone is standing waiting too long
- Talk about the health and wellbeing benefits of The Daily Mile – emotional and physical benefits
- Do it every day – normalise it!