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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!



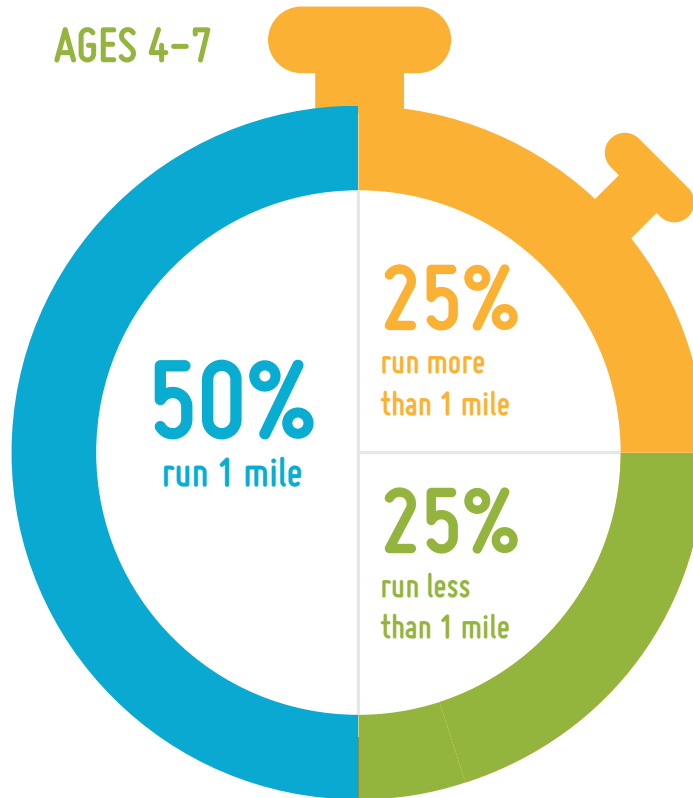
THE DAILY MILE IN THE CURRICULUM

- 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!

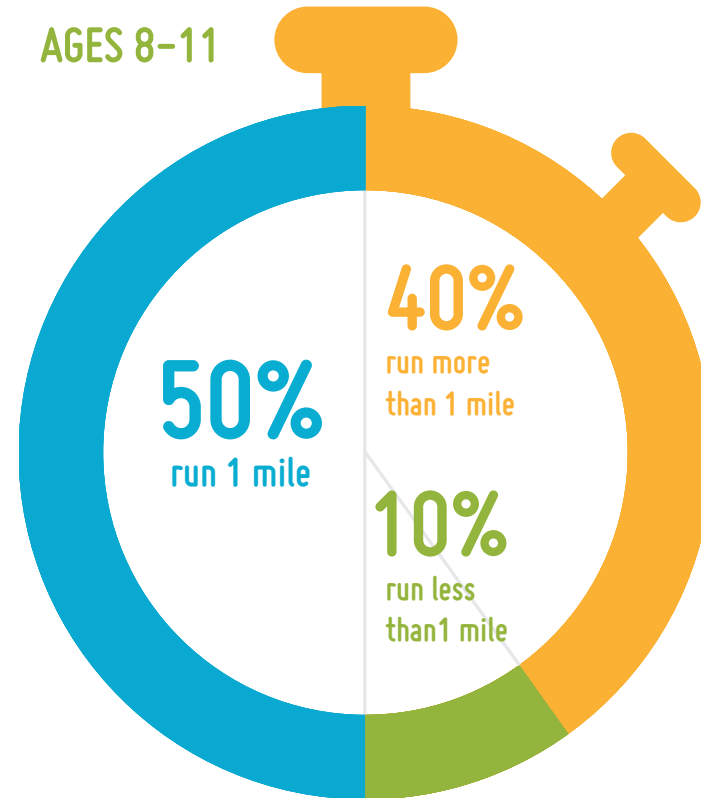


HOW FAR DO THE CHILDREN RUN IN 15 MINUTES?

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 large group of children in purple school uniforms are running across a green grassy 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 happily in a schoolyard. In the foreground, a young Black girl with braided hair is running towards the camera, wearing a red long-sleeved shirt under a dark grey pinafore dress. Behind her, a young white boy with blonde hair is also running, wearing a white polo shirt and dark trousers. The background shows a green lawn, a large tree, and residential houses under a cloudy sky.

“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
Mile**
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

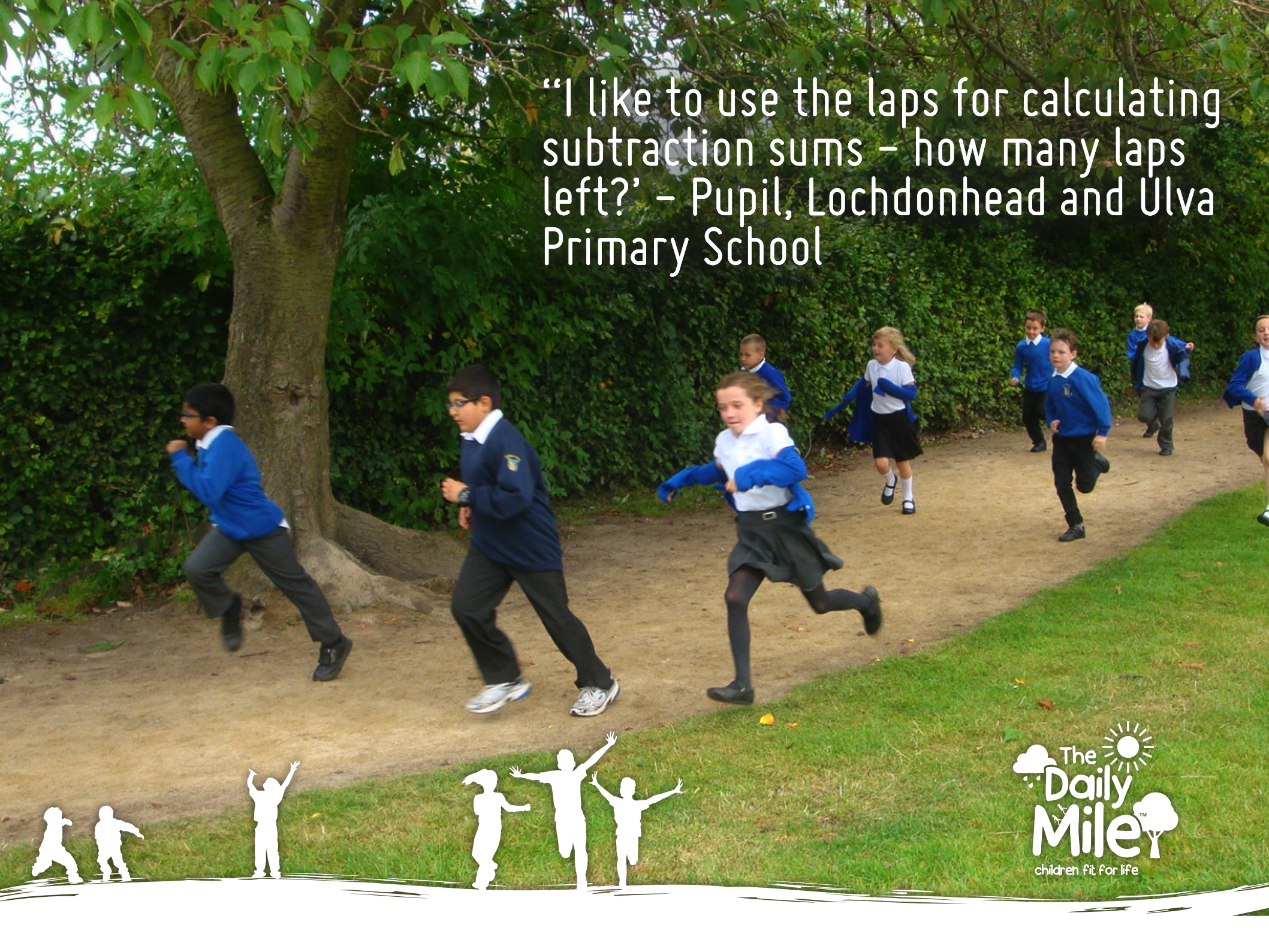


WHY DOES THE DAILY MILE WORK?

- 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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Founder Elaine Wyllie