



WHY THE DAILY MILE WORKS — By Elaine Wyllie

For Principals

As a Principal, it was clear to me that The Daily Mile could be implemented in almost any setting. The Daily Mile was developed in a school and preschool environment, by teachers and children, and with the full support of parents. Below are the reasons why I think The Daily Mile works, so well, for schools and preschools.

WHY IT WORKS...

- The children enjoy it, and see it as a natural part of their day
- Parents like it and appreciate the benefits it brings to their children
- It's inclusive — everyone, including children with special needs, takes part together
- No extra workload for staff, as no planning or assessment is needed
- It's sustainable — not a fad — and keeps going all year round, every year
- There's no special training or staff development needed
- There is no cost — it's free to implement and no gym clothes or equipment is required
- It helps schools meet the Government recommendations for daily physical activity
- Children are refreshed, returning to class ready to learn
- It takes only 15 minutes a day
- It's very easy to start — just risk assess your route and begin
- It helps children to improve focus, concentration and behavior in class
- Embeds daily physical activity into the school's approach to health & wellbeing
- Teachers can, if they wish, choose to link it to aspects of the curriculum
- It's flexible — teachers usually choose when it's time to take their class out
- All of the children are much more physically fit, so can participate in PE more easily
- It can be used as an easy way to introduce various aspects of outdoor learning
- The children always run in a safe and familiar, risk-assessed environment
- Teachers can also feel the benefits from the time spent outside with their class
- Schools can choose to involve parents and the wider school community
- The Daily Mile is one way to tackle the impact of health inequality among children