# Why The Daily Mile Works

## 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 nursery environment, by teachers and children, and with the full support of parents. Research worldwide has proven the many benefits of the Daily Mile. Below are the reasons why I think The Daily Mile works, so well, for schools and nurseries.

## 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 SEN, 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 kit 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 improves focus, concentration and behaviour 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 fitter, so can access PE curriculum more readily.

- 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 amongst children.

- Offers opportunity for quality side-by-side conversations.