



Guidance for implementation

The Daily Mile is a simple initiative for primary schools and nurseries (for students aged approximately 3-11 years), which encourages children to walk, jog or run outside in the fresh air for 15 minutes every day. It is simple, free and astoundingly effective; improving children's fitness, concentration, and social, emotional and mental health and wellbeing. It also has a beneficial impact on Staff health and wellbeing.

The Daily Mile is most transformational and sustainable when the following core principles are adhered to.

Why it works

- It is a **daily** physical activity with the sole aim of improving children's **health and wellbeing**.
- It removes the barriers to physical activity and paves the way for greater access to sport and PE.
- It lasts for 15 minutes, maximum, ideally over 5-10 laps of a path in the playground/field. *In this time, most children will average at least one mile.*
- It takes place outdoors, in almost all weathers, and is supervised usually by the class teacher (no special supervision qualification required). *Staff encourage the children and may choose to join in too: it's good for everyone!*
- The teacher decides when it takes place each day.
- 100% of children, including children with Special Educational Needs, take part and they choose whether to run, jog or walk.
- The children run in their ordinary school clothes.
- The benefits are not just physical but also social, emotional and mental, encouraging self-care.
- It is fun for the children and is, therefore, loved by them - it is not a task, assignment or set of targets.
- It is **social** and **non-competitive** - children can run with friends and talk with peers or teachers as they wish.
- It is **FREE** - schools can run wherever there is a suitable risk-assessed space.

FREE; FUN; QUICK; SOCIAL; SIMPLE; SUSTAINABLE; NON-COMPETITIVE; COST-EFFECTIVE; TRANSFORMATIVE

What The Daily Mile is not

- It is not PE or sport and sits separately in the school day within the health and wellbeing area of the curriculum.
- It is not complicated - the children go outdoors and run and jog, sometimes walking, for 15 minutes.
- It does not require any kit - the children run in their school clothes and don't change.
- It does not require any specialist input - e.g. there is never a warm up/warm down.
- It does not require any specialist equipment or staff training.
- It is not competitive - it is not a race, nor cross-country - the children set their own pace.
- It is not short-term - schools adopt it knowing their children will do The Daily Mile for years to come.
- It is not a forced run, training regime or teaching programme - it belongs to the children themselves who are encouraged to self-motivate and self-improve.

The Daily Mile is a concept that any primary school can implement and maintain in the long-term. Having run successfully for 5+ years in the original school, the initiative has critically shown to be **sustainable**; loved by pupils, parents and staff alike!

Good luck!

