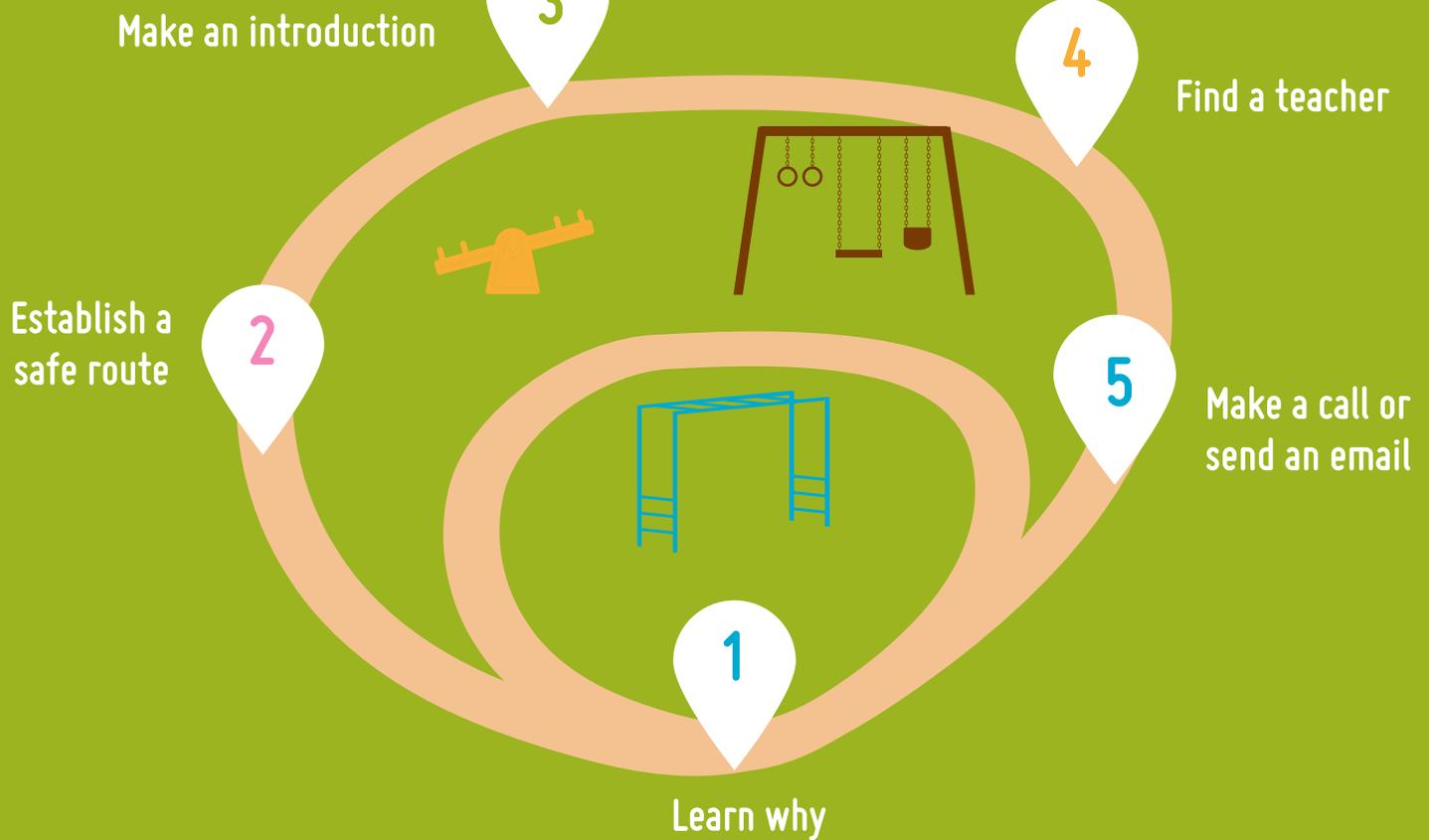




MAP TO MOVEMENT

A guide for physical educators



Map to Movement for Physical Educators

1

Learn why The Daily Mile helps your school

The Daily Mile is a life-changing opportunity for children and the adults who lead them. Created by an elementary school principal and her students, The Daily Mile is proven, effective, and sustainable. It is 100% free for your school.

The Daily Mile is a physical activity initiative where kids walk, run, jog, or roll outside in the fresh air with friends for 15 minutes a day, 3-5 times per week.

After implementing The Daily Mile in your school three times a week for four weeks, all able-bodied children should be running or jogging for most or all of the way.

Below are the benefits of doing The Daily Mile at your school three or more times a week ...



Increases Fitness



Boosts Mental Health



Improves Concentration



Builds Relationships

2

Establish a safe route

Schools normally use an area near an existing playground. Find space that allows the movement to be social and fun. Circular paths are great. Squiggly paths can be enjoyable. If possible make the route more than 5 laps. Establish a Daily Mile route that is safe and works well for your campus. Students should enjoy as many laps as they can in the 15 minutes without anyone appearing to be in the lead.



In this example route, children could run the big circle and then the little circle to complete one lap. Chose any type of circular or squiggly path that works for your school yard.

3

Introduce The Daily Mile to your school administrator

The next step is to get approval from your school administrator/principal to implement The Daily Mile.

- Use the benefits icons from Step 1 and features icons shown below as your guide to explain The Daily Mile.
- Are physical activity mandates being met for all children? Explain why your school needs The Daily Mile to meet these mandates.
- Explain the additional benefits of The Daily Mile including how it helps connects students' minds and bodies. Positive habits start now and last a lifetime.
- Explain that research proves this physical activity initiative increases student engagement inside the classroom and decreases behavior interruptions.
- Make a connection to the Whole Child initiative.
- Offer to run a trial with a few classes for one month. Show the route you planned in Step 2. Show an example of a Class Evaluation (pg. 5) that you can use to prove the success of the program.



Free, Fun & Sociable



No Equipment



Own Pace



Every Child



Quick - 15 Minutes



PRO TIP

Visit www.thedailymile.us/resources to download a template "Letter to Admins from Teachers" document under "The Daily Mile School & Community Resources" section. You will also find useful resources such as sample Block and Period School schedules, and a Class Evaluation.

4

Introduce The Daily Mile to the perfect classroom teacher

When your principal/administrator has approved a trial program, it is time to select the perfect teacher to work with! Introduce The Daily Mile to a trusted teacher friend who is passionate about making a lifetime difference for students. This teacher is one who believes in Maslow before Bloom. Be sure to tell your teacher friend that ...

- The Daily Mile is important for teacher and student health including physical, mental, emotional, and social wellbeing.
- The Daily Mile burns off excess energy so students return to class focused and eager to learn.
- The Daily Mile allows time for relational connections, which can save time when reengaging students during instruction.
- The Daily Mile is a refresher in your day that comes easy. It is free of lesson plans, paperwork, equipment, and the computer screen.

Work with your teacher friend to pilot The Daily Mile for four weeks. During the trial, the class should ...

- Encourage one another on the path
- Use the time to connect with each other
- Run whenever possible - the goal is to run for the full 15 minutes
- Remember that The Daily Mile is not an individual race, but rather that the entire class wins when they support one another



5

Contact The Daily Mile Program Manager

When the trial program is approved, it is time to contact The Daily Mile Program Manager Bill Russell. Bill is a career educator that believes The Daily Mile is a major piece of the solution for all children and their teachers. He will answer any questions and help your school successfully complete a trial so the program can continue to grow. Bill will get your school signed up so that it will be added to the global Daily Mile map! The USA Team will also work with you to increase school recognition in the local community and beyond.

Contact Bill Russell at 281-535-6820 or by email at williamrussell@thedailymile.us

CLASS EVALUATION FOR THE DAILY MILE



DIRECTIONS: This form will help you evaluate the physical, mental, and emotional benefits to your students after they do The Daily Mile. Complete this form after your class begins The Daily Mile (START). Complete the form again after 2 weeks of doing The Daily Mile (MIDDLE). Finally, complete the form after your class has done The Daily Mile for 4 weeks (END). At the end of the fourth week, compare the results with the previous weeks.

START DATE: _____ **END DATE:** _____ **CLASS ROLL:** _____ **GRADE:** _____

PHYSICAL HEALTH & WELLBEING	START	MIDDLE	END
# of Students participated in The Daily Mile			
# of Students who ran for the full 15-minutes			
# of Students who walked for the full 15-minutes			
EMOTIONAL HEALTH & WELLBEING			
Provide students with The Daily Mile Mood Meter (see page 2). After doing The Daily Mile, call out each color square (pink, orange, blue, & green). Ask students to give a thumbs up on the color that represents how they are feeling. Record the number of students in each box for that day.			
# of Students who chose Pink – Negative / High Energy			
# of Students who chose Orange – Positive / High Energy			
# of Students who chose Blue – Negative / Low Energy			
# of Students who chose Green – Positive / Low Energy			
MENTAL HEALTH & WELLBEING Rate each category below using a score from 1 (low/disagree) to 5 (high/agree).			
My students returned from The Daily Mile feeling happier			
I experienced fewer class interruptions after The Daily Mile			
My students were more focused & eager to learn after The Daily Mile			
My students connected with each other during The Daily Mile			
I connected with my students during The Daily Mile			

TEACHER NOTES
