



MAP TO MOVEMENT

A guide for school boards

Introduce The Daily Mile to
your school principals

2

3

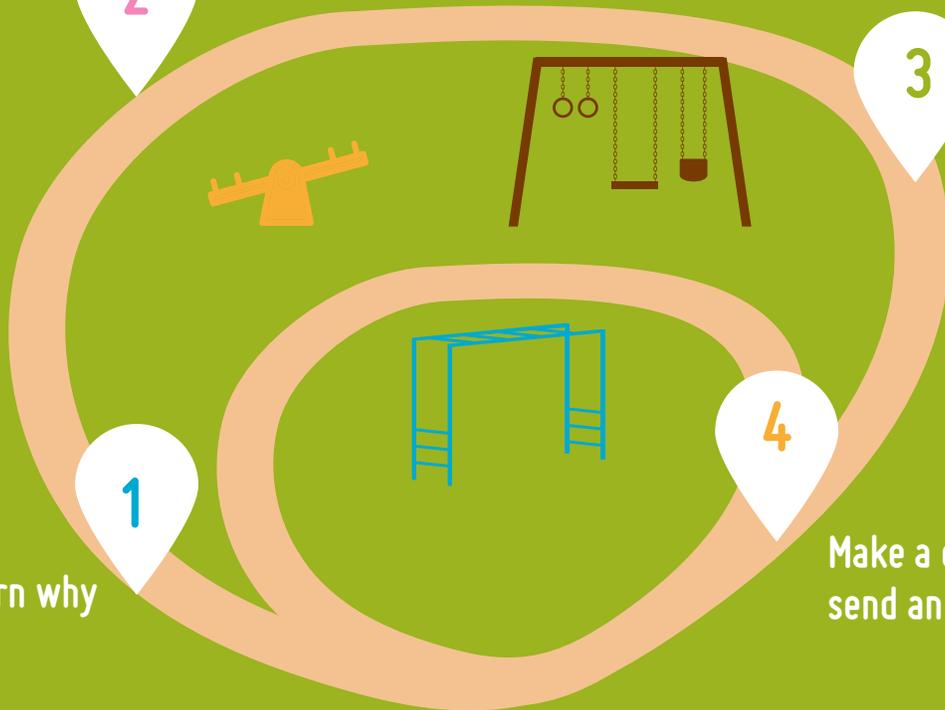
Help establish
a safe route

1

Learn why

4

Make a call or
send an email



Map to Movement for School Boards

1

Learn why The Daily Mile helps kids & schools

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 feel improved fitness. They will be running or jogging for most or all of the way.



Increases Fitness



Boosts Mental Health



Improves Concentration



Builds Relationships



Free, Fun & Sociable



No Equipment



Every Child



Own Pace



Quick – 15 Minutes

2

Introduce The Daily Mile to your school administrator

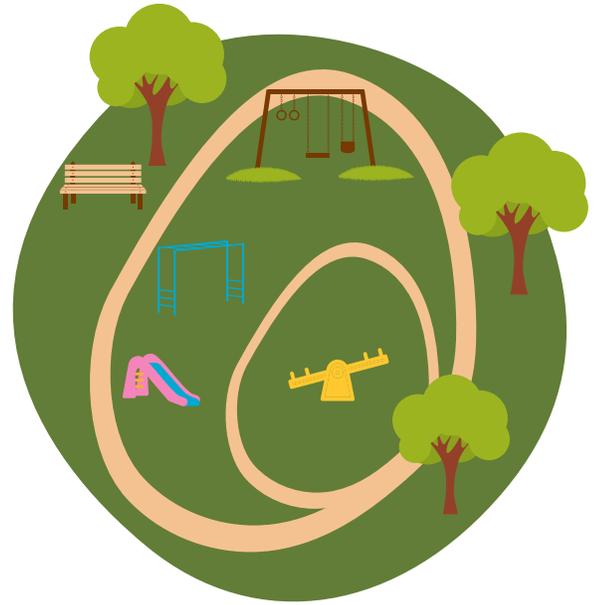
The next step is to introduce The Daily Mile to principals or school administrators.

- Use the benefits & features icons on this page 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 connect students' minds and bodies. Positive habits start now and last a lifetime.
- Explain that research proves this physical activity initiative improves learning. It increases student engagement inside the classroom and decreases behavior interruptions.
- Make a connection to the Whole Child initiative.
- Suggest a trial with a few classes for one month. Have school administrators identify teachers to pilot the program. Show an example of a Class Evaluation (pg. 4) that teachers can use to prove the success of the program.

3

Help establish a safe route

Work with campuses to help establish the 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.



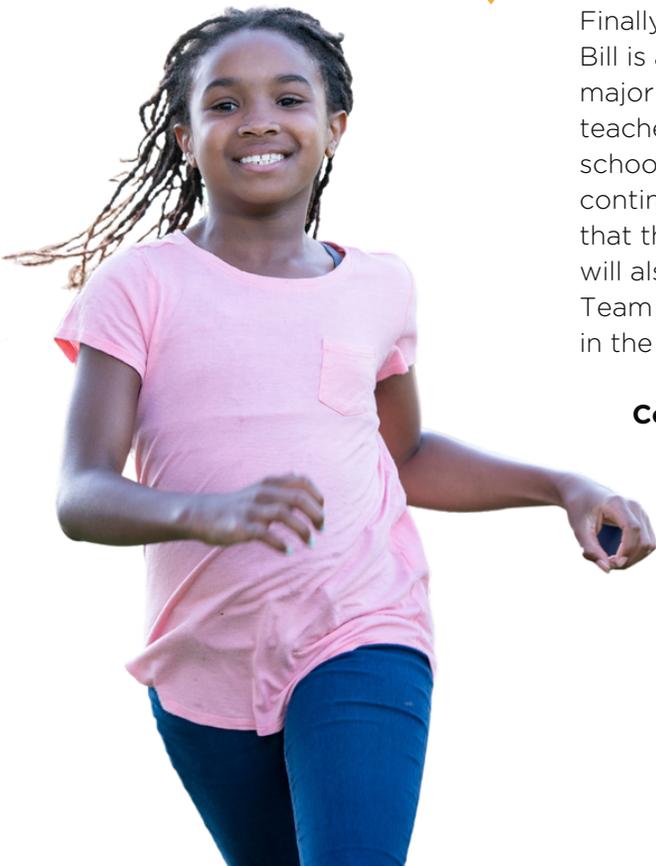
In this example route, children could run the big circle and then the little circle to complete one lap. Choose any type of circular or squiggly path that works for your school yard.

4

Contact The Daily Mile Program Manager

Finally, 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 schools successfully complete a trial so the program can continue to grow. Bill will get your schools signed up so that they receive the most effective free resources. They will also 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
