

**The Daily Mile works with all
school schedules**



Make The Daily Mile work for your school!






- Teachers know when The Daily Mile Works best. A quick collaboration with the building principal and you are out the door running!
- Doing The Daily Mile every day gives the best results. A minimum of three times a week still sees an impact.
- Consider doing The Daily Mile ...
 - When students needs to burn off excess energy
 - When students are having trouble focusing
 - Before difficult subject matters or lessons
 - When teachers need some self-care time
 - When teachers need time to reconnect with students
- Refer to the following slides for sample Block and Alternate Period Schedules

The Daily Mile (TDM) Block Schedule

Kindergarten										
Content	Specials	Content	Intervention	Lunch	Free Time	Content	Community	Content	TDM 15 Min.	Content
1st Grade										
Content	Community	Specials	Lunch	TDM 15 Min.	Content	Free Time	Content	Intervention	Content	
2nd Grade										
Community	Content	Intervention	Content	Lunch	Specials	Content	TDM 15 Min.	Content	Free Time	
3rd Grade										
Content	TDM 15 Min.	Content	Community	Lunch	Content	Free Time	Specials	Content	Intervention	Content
4th Grade										
Content	Intervention	Content	Free Time	Content	TDM 15 Min.	Lunch	Community	Specials	Content	
5th Grade										
Content	Free Time	Content	TDM 15 Min.	Content	Lunch	Intervention	Content	Community	Specials	

Download a PowerPoint version that you can edit by clicking [here](#).

The Daily Mile (TDM) Alternate Period Schedule

Grade 1					
Period (50Min)	M	T	W	TH	F
1 st Period	Math	 TDM/Math	Math	Math	Math
RECESS – 15 Minutes					
2 nd Period	Reading	Reading	 TDM/Reading	Reading	Reading
3 rd Period	Writing	Writing	Writing	 TDM / Writing	Writing
4 th Period	LUNCH	Lunch	Lunch	Lunch	Lunch
5 th Period	 TDM / Science	Science	Science	Science	Science
6 th Period	Elective	Elective	Elective	Elective	 TDM / Elective
RECESS – 15 Minutes					
7 th Period	Community	Community	Community	Community	Community

Download a PowerPoint version that you can edit by clicking [here](#).

Full School Daily Mile Schedule Sample

TIME	ACTIVITY	TIME	ACTIVITY
6:00		2:00	Grade 5 - Teacher C
6:15		2:15	Grade 5 - Teacher D
6:30		2:30	
6:45		2:45	
7:00		3:00	
7:15		3:15	
7:30		3:30	
7:45		3:45	Release
8:00		4:00	
8:15	Morning Bell	4:15	
8:30	Morning Announcements	4:30	
8:45	PreK - Teachers A & B	4:45	
9:00	Grade 3 - Teacher A	5:00	
9:15	Grade 3 - Teacher B	5:15	
9:30	Grade 3 - Teacher C	5:30	
9:45	Grade 3 - Teacher D	5:45	
10:00	Grade 1 - Teacher A, and SPED	6:00	
10:15	Grade 1 - Teacher B	6:15	
10:30	Grade 1 - Teacher C	6:30	
10:45	Grade 1 - Teacher D	6:45	
11:00	Grade 2 - Teacher A	7:00	
11:15	Lunch - PreK Grade 2 - Teacher B	7:15	
11:30	Grade 2 - Teacher C	7:30	
11:45	Lunch - 3rd & 4th Grade 2 - Teacher D	7:45	
12:00		8:00	
12:15	Lunch - 1st & 2nd	8:15	
12:30	Grade 4 - Teacher A, and SPED	8:30	
12:45	Grade 4 - Teacher B	8:45	
1:00	Grade 4 - Teacher C	9:00	
1:15	Grade 4 - Teacher D	9:15	
1:30	Grade 5 - Teacher A	9:30	
1:45	Grade 5 - Teacher B	9:45	

Full School Daily Mile Schedule Sample (Buddy System)

TIME	ACTIVITY	TIME	ACTIVITY
6:00		2:00	
6:15		2:15	PreK - Teachers A & B
6:30		2:30	PreK - Teachers C & D
6:45		2:45	
7:00		3:00	
7:15		3:15	
7:30		3:30	
7:45		3:45	Release
8:00		4:00	
8:15	Morning Bell	4:15	
8:30	Morning Announcements	4:30	
8:45		4:45	
9:00	Grade 3 - Teachers A & B	5:00	
9:15	Grade 3 - Teachers C & D	5:15	
9:30		5:30	
9:45		5:45	
10:00	Grade 1 - Teachers A & B, and SPED	6:00	
10:15	Grade 1 - Teachers C & D	6:15	
10:30	Snack Time	6:30	
10:45	Grade 2 - Teachers A & B	6:45	
11:00	Grade 2 - Teachers C & D	7:00	
11:15	Lunch - PreK	7:15	
11:30		7:30	
11:45	Lunch - 1st & 2nd	7:45	
12:00		8:00	
12:15	Lunch - 3rd & 4th	8:15	
12:30		8:30	
12:45	Grade 4 - Teachers A & B, and SPED	8:45	
1:00	Grade 4 - Teachers C & D	9:00	
1:15		9:15	
1:30	Grade 5 - Teachers A & B	9:30	
1:45	Grade 5 - Teachers C & D	9:45	

Scheduling Tips & Tricks

- ✓ Connect different classes and grades by sharing the same Daily Mile time and space.
- ✓ Foster inclusivity by partnering general education and SPED classes to do The Daily Mile.
- ✓ Implement a Big/Little system for older and younger grades to do The Daily Mile together.
- ✓ Strengthen school community by inviting the Principal, Counselor and other school leaders to participate in The Daily Mile with students.