

# The Daily Mile: Core principles for research

May 2019

During the stakeholder workshop and Expert Steering Group meeting in March 2019, discussions took place around the criteria for a Daily Mile school.

The 10 core principles of The Daily Mile have subsequently been revisited by The Daily Mile Foundation team to establish a core set for consideration by the research community when conducting research into the benefits and impacts for The Daily Mile. These criteria are presented below for discussion.

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The Daily Mile Foundation actively welcomes research looking at the impacts and benefits of The Daily Mile. To ensure fidelity of this research and ensure the integrity of the initiative, The Daily Mile Foundation encourage researchers to study schools where the school's practice and expectations of the children and staff in relation to implementation of The Daily Mile are as follows;

- The children **run and/or jog at their own pace** for **15 minutes** and The Daily Mile has not been introduced as a walk.
- The school endeavors to offer The Daily Mile on a **daily basis**, and where this is not possible a **minimum of 3 days a week**.
- The Daily Mile takes place **during curricular time**, not before or after school, during play/lunchtime or as a substitute for PE.
- The children run in the **clothes they wear during class time**.
- **No additional equipment** is involved.
- **All children** are offered the opportunity to take part **regardless of ability**.
- It is introduced as a **social, non-competitive** activity with an **emphasis on fun and enjoyment** for the children.

The Daily Mile Foundation believe that where schools do not meet all of these criteria, The Daily Mile will have reduced impact and effectiveness. Therefore, we encourage researchers to select schools for inclusion in their research projects which adhere to all criterion listed above.

Please also note two additional resources for schools which are available on our website;

[The Core Principles](#)

10 steps to Daily Mile success, a guide for schools implementing The Daily Mile.

[Self-evaluation Checklist](#)

Developed for school leadership teams, to assist them in assessing whether or not they are implementing the Daily Mile effectively.