



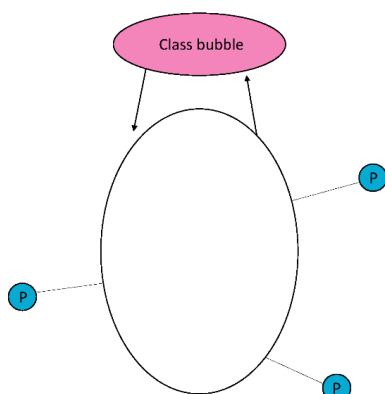
## Social Distancing during The Daily Mile

Time spent outside in the fresh air is good for children – now more than ever. The Daily Mile always happens outdoors and, while social distancing restrictions are in place, can help schools to keep children active and improve their health and wellbeing.

With these restrictions in place, we have adapted The Daily Mile a little so that children can still enjoy the health benefits which come from being physically active in the fresh air every day. As usual, during the 15 minutes it takes, children should be encouraged, as appropriate, to run or jog for most of the time and keep walking to a minimum.

Your settings will all be different, so, on the 4 diagrams which follow, the 'class bubble' is simply the place where you have decided the children will start and finish their Daily Mile. You can set them off at about 5 second intervals or so.

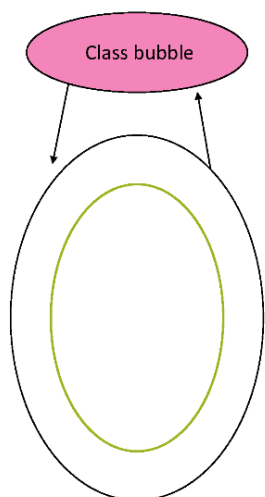
We hope these ideas are going to be helpful, whether you already do The Daily Mile or are starting it for the first time. Everything we do for schools is free and you can find out more on our website.



### Idea #1 – Using pitstops

As the children run around the route as usual, from time to time some of them may need to stop and catch their breath.

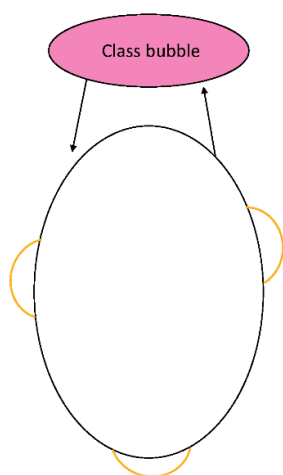
Using any convenient marker, you can create a number of 'pitstops' every so often – 2m to the side of the route – where a child can go and stand for a few seconds before catching their breath and setting off again.



### Idea #2 – Pairs running in parallel

This route consists of two separate, roughly concentric paths that are set out 2m apart using any convenient markers. This will allow the children to run round in pairs at about the same speed. It means they can chat to one another as they run round the route together.

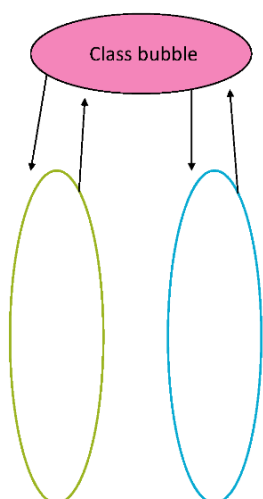
As the children run around the route, from time to time a pair may need to stop and catch their breath. They can either step 2m away from the path they are on and wait until the next pair pass them or you can designate a few pitstops along the way where they can stand apart, for a few seconds, catch their breath then start up again. If they run at different speeds, of course, they may separate.



### Idea #3 – Passing places

If a child is catching up with someone in front of them and needs to overtake, they have to jog along behind and wait until there is a designated passing place which they can use. The passing place will be about 10m long and 2m away from the runner being overtaken. Although our diagram shows only 3 passing places, you may need more and can decide how many of them you actually want.

Any children who need a moment to catch their breath can walk briefly on the route for a while and the others can run past in the passing places.



### Idea #4 – Two separate routes

This 'bubble' has two separate routes going away from it in different directions. Any children who need a moment to catch their breath can either step 2m off to the side of the route before re-joining it or they can go into the 'class bubble zone' and have a short break before setting off again. They can decide to go over to the other route if you feel that's appropriate.

There are various ways you can decide how these can be used. You can decide to set them up as a 'long' route, a 'short' route, a 'fast' route, a 'slow' route or even a 'run and jog' route or a 'jog and walk' route - or just make them identical. You decide!