



Core principles for researching The Daily Mile

July 2019

The 10 core principles of The Daily Mile have been adapted by The Daily Mile Foundation to establish a core set to be implemented by the research community when evaluating The Daily Mile initiative.

The Daily Mile Foundation actively welcomes research looking at the impacts of the programme. To ensure fidelity of this research and the integrity of the initiative, The Daily Mile Foundation encourages researchers to study schools where practice and expectations of the children and staff 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 endeavours to offer The Daily Mile on **a daily basis** and, where this is not possible, **a minimum of three 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 needed.
- **All children, regardless of ability**, are offered the opportunity to take part.
- 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 criteria listed above.

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

The Core Principles

10 steps to 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.