



Guidance for implementation

The Daily Mile is a simple initiative for primary schools and nurseries (for students aged approximately 3–11 years), which encourages children to walk, jog or run outside in the fresh air for 15 minutes every day. It is simple, free and astoundingly effective; improving children's fitness, concentration, and social, emotional and mental health and wellbeing. It also has a beneficial impact on Staff health and wellbeing.

The Daily Mile is most transformational and sustainable when the following core principles are adhered to.

Why it works

- It is a **daily** physical activity with the sole aim of improving children's **health and wellbeing**.
- It removes the barriers to physical activity and paves the way for greater access to sport and PE.
- It lasts for 15 minutes, maximum, ideally over 5–10 laps of a path in the playground/field. *In this time, most children will average at least one mile.*

- It takes place outdoors, in almost all weathers, and is supervised usually by the class teacher (no special supervision qualification required). *Staff encourage the children and may choose to join in too: it's good for everyone!*
- The teacher decides when it takes place each day.
- 100% of children, including children with Special Educational Needs, take part and they choose whether to run, jog or walk.

- The children run in their ordinary school clothes.
- The benefits are not just physical but also social, emotional and mental, encouraging self-care.
- It is fun for the children and is, therefore, loved by them – it is not a task, assignment or set of targets.
- It is **social** and **non-competitive** – children can run with friends and talk with peers or teachers as they wish.
- It is **FREE** – schools can run wherever there is a suitable risk-assessed space.

FREE; FUN; QUICK; SOCIAL; SIMPLE; SUSTAINABLE; NON-COMPETITIVE; COST-EFFECTIVE; TRANSFORMATIVE

What The Daily Mile is not

- It is not PE or sport and sits separately in the school day within the health and wellbeing area of the curriculum.
- It is not complicated – the children go outdoors and run and jog, sometimes walking, for 15 minutes.
- It does not require any kit – the children run in their school clothes and don't change.

- It does not require any specialist input – e.g. there is never a warm up/warm down.
- It does not require any specialist equipment or staff training.
- It is not competitive – it is not a race, nor cross-country – the children set their own pace.
- It is not short-term – schools adopt it knowing their children will do The Daily Mile for years to come.

- It is not a forced run, training regime or teaching programme – it belongs to the children themselves who are encouraged to self-motivate and self-improve.

The Daily Mile is a concept that any primary school can implement and maintain in the long-term. Having run successfully for 5+ years in the original school, the initiative has critically shown to be **sustainable**; loved by pupils, parents and staff alike!

Good luck!

