



Quick and easy school self-evaluation

We thought this might be a helpful resource for schools who would like to know if they're doing The Daily Mile effectively. If you'd like to evaluate your school's approach to The Daily Mile, you can do this by looking at the table below. If your choices are in the left-hand column, you are doing it properly and should see the greatest impact and range of benefits. The true measure of The Daily Mile's success is a clear and visible improvement in the health and wellbeing of the children.

THE DAILY MILE ✓	NOT THE DAILY MILE ✗
1. The whole school does it	Only some classes do it
2. It's school policy for all classes	Staff can choose if their class takes part
3. Our 10 Core Principles are applied	Partial adoption of the Core Principles
4. Usually happens every day	Run less than 3 times per week
5. Children go out in most weather conditions	Children go outside in only good weather
6. It's sustained all year round	It only happens during some months
7. Every child in the class is included	Some children do not take part at all
8. Children run at own pace, not a race	Measurement and timing are introduced
9. Seen as fun and social for children	A serious or competitive approach is taken
10. Children run or jog for most of the way	Children are walking around only
11. Children run in their school clothes	Children change into gym clothes
12. Takes only 15 minutes	Taking more or less than 15 minutes
13. Teacher chooses when to go out	Tightly timetabled – classes can miss their slot
14. Takes place during class time	Takes place before/after school or in breaks
15. Always kept simple and child-pleasing	Complex ideas are applied unnecessarily
16. Can link easily to some classwork	Contrived learning activities
17. No extra workload for staff	Written planning and assessment expected
18. Not a substitute for PE	Offered as a PE lesson
19. Supports learning about health	Few associated health messages are offered
20. Links to lessons about food and diet	No learning around food and diet
21. Teacher encourages children to run or jog	Little or no encouragement is offered
22. Quality interactions with teacher	Teacher not sufficiently engaged
23. Teachers feel the benefits too	Teachers not getting outdoor benefits
24. No equipment required	Equipment/obstacles introduced
25. No warming up / down	Other exercise routines added
26. Parents are informed/engaged	No clear message for parents
27. We have signed up on the website	Please do sign up on our website