



Advice and comments from Staff

- Don't go out when it's pouring rain – the timing is flexible.
- You can use cubes/stamp cards/visual prompts to show laps run.
- Link to the curriculum sometimes, but not always – many Maths activities are relevant and possible.
- Ensure that transitions are slick.
- Everyone can do it – walk, jog or run.
- Children with SEN are able to join on equal footing and show enjoyment.
- It allows children and staff to interact and chat in a relaxed manner.
- Concentration is improved.
- Improved fitness levels allow greater participation in other activities.
- It refreshes staff, so children benefit.
- Children are exposed to, and used to, a physical/active lifestyle.
- Run city to city, e.g. "Run to Rio", etc.
- On the days when you can't be bothered or you are unmotivated – do it! You will feel better.
- Vary it/provide further challenge to keep children engaged.
- Chat to the children and encourage them to run, rather than jog.
- Talk about the Health & Wellbeing benefits of The Daily Mile.
- No equipment or kit is required.
- The fresh air brightens the mood.
- It's very social!
- It stimulates the brain for learning.
- The health benefits are obvious for all to see.
- The children look forward to it.
- It makes children more determined to succeed.
- It gives a chance for some children to shine.
- It breaks down the classroom walls.
- Encourage parents to send children in appropriate footwear for The Daily Mile.
- Get involved – you will feel fitter and the children will be motivated by seeing you moving too.
- It can be good to go out in the afternoon when the children are beginning to flag.
- Do it every day – normalise physical activity!
- It maintains/builds fitness and stamina.
- Children get a chance to be equal.
- It's very easy to implement.
- There's no need to change their clothes.
- It runs off energy and allows children to settle better at activities.
- The children have a sense of achievement when setting individual goals.
- It encourages children to be more active and fit.
- It embeds resilience in children.

