

# Getting Started . 12 Easy Steps





The Daily Mile helps improve the physical, emotional and social health and wellbeing of our children.


It is a simple but effective concept which any primary school can implement for free. Its impact can be transformational, improving not only the childrens' fitness, but also their concentration levels, mood, behaviour and general wellbeing.

This booklet is designed to help your school introduce The Daily Mile in 12 easy steps.

# Get Your School on the map



Click here to go to  
[www.thedailymile.co.uk](http://www.thedailymile.co.uk)



The Daily Mile website provides lots of information for staff and parents/carers. By signing up to The Daily Mile you will be featured on The Daily Mile participation map. Once a term you will receive hints and tips to help with your Daily Mile implementation.

# Identify a Daily Mile Lead



Identify a Daily Mile Co-ordinator from within your school.

# Ensure Commitment



To ensure The Daily Mile is a success, it is important to get commitment from everyone in your school. This may include the Headteacher, teachers, classroom assistants, SEN Co-ordinator, lunchtime supervisors, caretakers, parent/carer volunteers, pupils and others.

# Select Classes



Decide which classes within your school should participate. You may like to pilot The Daily Mile with selected classes/year groups initially to find out what works well.

# Parental Support



Provide information to parents/carers about the programme and obtain their consent. The Daily Mile should be inclusive of all children.

A sample letter and consent form are available on request

# Route Planning



Identify and measure a suitable route to complete The Daily Mile. You may wish to select more than one route, including an indoor option in case of severe bad weather.

The route/s should be marked out so that children know they are achieving the full distance. Involve some of the children in this task.



# Risk Assessment



Undertake a risk assessment to ensure the route/s is both safe and enjoyable, particularly for children with any additional support needs. A risk assessment form is attached. The route/s should be checked for safety every day before The Daily Mile.

# Timetabling



Fifteen minutes should be allocated for The Daily Mile every day (excluding break and lunch times). The time allocated should be flexible and will be dependent on class timetables and weather conditions. All children should be encouraged to participate on a daily basis.

The Daily Mile is non-competitive and inclusive. Children should be encouraged to run the mile, though many will mix walking and running at the start. Children unable to complete a mile should be supported to walk/run as much as they can within the 15 minutes allocated.

# Clothing



Children do not need to change but should ensure they have appropriate clothing suitable for the weather.

# Celebrating



Posters are available which will enable you to record the progress of classes which participate in the Daily Mile. Certificates are also available to present to each participating class. This could form the basis of a celebration event. It is also important to promote participation in The Daily Mile in the local media.

# Evaluation



It is important to capture the impact of the programme for both teachers and pupils.

We will be in contact with a short monitoring template to ask you how many children took part and miles travelled as a school.

# Support



We will be delighted to support your school implement The Daily Mile.

We can provide information sessions for staff, parents and pupils.

Written information for your school website or newsletter is available on request.

# Further Information/Support

For further support or information, please contact:

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