



## THE DAILY MILE WORKS... FOR CHILDREN

It improves physical, social, emotional and mental health and wellbeing.

It is fun, friendly and social - this is vital and ensures sustainability.

All children are included and all children succeed.

Children with SEN or ASN benefit greatly from taking part in The Daily Mile.

It's not a race or a competition - this is not cross-country or sport.

It is a mixed activity across the Primary age range - nursery to 11.

Children enjoy a sense of freedom outside in the fresh air.

Different age groups and classes can do The Daily Mile together.

It reduces anxiety and stress.

It helps to build relationships.

Children know they are healthier and are proud of their fitness.

## THE DAILY MILE WORKS... FOR TEACHERS & HEADTEACHERS

It's health and wellbeing, not PE.

It takes only 15 minutes from leaving the classroom until returning.

The class runs every day, ideally at a time when the teacher decides it is suitable.

There is no equipment, training or staff development needed.

Children run in their school clothes - no time is lost waiting while they change into kit.

Focus, concentration and behaviour are improved.

Children are fitter so can access and succeed at PE more readily.

Children return to class refreshed, energised and settle quickly to work.

It is sustainable over the entire session and for years to come.

Aspects of the curriculum can be incorporated in simple and interesting ways.

## THE DAILY MILE WORKS... FOR PARENTS

It meets the needs of childhood - freedom, fun, fresh air and friends.

It takes place in a safe and secure environment.

Children are noticeably fitter - usually only 4 weeks after starting to run regularly.

It helps to reduce obesity and improves general health outcomes.

No need to transport children to clubs or events and it is free.

It prevents children being too sedentary and encourages physical activity out of school.

Children develop greater resilience and confidence.

Enhanced attainment is linked to increased physical activity.

It helps to make children feel happy.

Many children will sleep and eat better.

# 2016



**NOVEMBER:** The Scottish Government officially endorsed The Daily Mile for all primary schools. Schools in Belgium began The Daily Mile, mentored by former Olympian and GO Run For Fun ambassador Tia Hellebaut.

**DECEMBER:** Preliminary scientific studies show that childhood obesity levels at the original Daily Mile school are lower than the national average, and some figures are almost halved.

**JANUARY:** Some local authorities in England have begun to develop strategic partnerships in order to introduce The Daily Mile into their schools.

**MARCH:** The UK national launch of The Daily Mile took place at Hallfield School in Westminster, London - supported by The BBC, The Sun, and other national media.

**SINCE MARCH 2016:** Hundreds more schools are picking up The Daily Mile, either independently or supported by local authorities and health partnerships.

The Scottish Government has committed to making the country the first 'Daily Mile Nation'.

The Daily Mile is flourishing in Belgium, and being picked up in Holland, the US, and beyond.

Exciting partnerships are developing...

It's growing fast - check our website for further exciting updates!