

A Running School

The Daily Mile in Slough



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S L O U G H
SCHOOL SPORT NETWORK
enjoy, participate, succeed

Slough Borough Council and the Slough School Sport Network are proud to formally launch 'The Daily Mile' across Slough.

Objective

To enable every child, every day to participate in 15 minutes of running/jogging/walking outdoors.¹

Concept

A route, track, path, lap or space where children can safely run or walk. Teachers choose the time for their class to down tools, get up and run/walk the route. Ideally the route is marked and allows pupils to understand how many laps/metres they've completed so they can see their own progress. There is a 15 minute turnaround time from leaving the classroom to returning. It's very slick and improves with practice. This means that pupils may actually only be on The Daily Mile for, say, ten to twelve minutes, but this is fine. Once the children are fit, they will average a mile in the time allocated.

Why this?

In the government's obesity plan they recommend that all children should engage in moderate to vigorous intensity activity for at least 60 minutes every day. At least 30 minutes should be delivered in school every day through active break times, PE lessons, extra-curricular clubs or other sport and physical activity events. The Daily Mile is one such initiative cited in the document as a way to achieve this target. The remaining 30 minutes should be supported by parents and carers outside of school time.²

What impact could The Daily Mile have on my school?

- A reduction in childhood obesity^{3 4}
- Positive impact on self-esteem and well-being⁵
- Positive impact on pupils' behaviour and energy levels⁵
- Positive contribution towards academic outcomes (including general academia and SATs)⁵
- Pupils become more alert and attentive with higher positive behaviour⁵
- Creation of a new culture of self improvement of personal health within the school (students and staff alike)⁵

Slough Borough Council and the Slough School Sports Network are here to support you and answer any questions that you may have. Simply email timothy.howells@slough.gov.uk

For additional opportunities for your students outside of school time simply email the Active Slough team activeslough@slough.gov.uk

1. The Daily Mile Foundation

2. HM:Government; Childhood Obesity, A Plan For Action, 2016

3. Stirling University; Daily Mile Early Learnings, 2016

4. England Athletics; London Primary School Running Case Study, 2016

5. London Playing Field Foundation; Coppermile Report, 2016

Myths

Myth

"It takes too much time."

Fact

15 minutes, no more no less.

Myth

"There are too many barriers."

Fact

A holistic approach to engage all students with minimal time and crucially it's not PE. No kit, no excuses, fully inclusive!

Myth

"We can't go out in the rain."

Fact

Wear a coat. It's only 15 minutes. Keep the route on a hard surface.

Myth

"Our school doesn't have space."

Fact

The course can be totally flexible and can be done on a 20x20m playground! Email us for suggestions or help.

Myth

"It's only for runners."

Fact

Students can walk, jog or run. It's up to them and fully inclusive. Remember, it's not sport!

Top 10 Tips

Level of activity

1. You don't wait for everyone to complete a mile. It's about how much they can do in the 15 minutes.
2. The children are encouraged to run where appropriate but many of them do a combination of walk and run – this is fine and gives it more potential to be social and fun. It's not a competition!
3. No need to do a warm up or warm down - the children run at their own pace. It's unnecessary for this level and length of activity and takes additional time.

When

4. It works best at a time of the teacher's choosing. It can be scheduled or done in response to the children's mood, but never before or after school or during break / lunchtimes.
5. It needs to be daily (at least 3x a week!) or the children will find it hard to do and won't get the full benefits.
6. It should quickly become normal practice for the children, once back in the classroom, to concentrate and focus on their work.

Clothing & Environment

7. They don't change, except into trainers if required – ideally they come into school in appropriate footwear e.g. black trainers. If it's cold or raining lightly, they wear a jacket. If it's warm they take their sweatshirt off.
8. It needs to be outside if it's humanly possible and safe.
9. If you are painting a track on the playground, try to make it wide enough for 2/3 children to run together.

Ethos

10. The children and staff 'own' their Daily Mile, and may wish to link it to learning across the curriculum to help keep it fresh and motivating.

N.B. Once your school has been doing The Daily Mile for 4 weeks, and it has become an embedded part of the school culture, don't forget to register your school on the participation map:

www.thedailymile.co.uk/participation-map



@_thedailymile



/thedailymile.uk

The Daily Mile at Priory School in Slough

Priory School were the pioneers for The Daily Mile within Slough. Starting as a pilot with specific year groups in April 2016, by September every single pupil was taking part, every single day, including children with SEN and complex needs.

The Daily Mile fits neatly into the schools curriculum and has been shown to positively impact the Physical, Social, Emotional and Mental health and wellbeing of pupils, as well as raising attainment and improving focus and behaviour.

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. Trainers are allowed; some schools choose to incorporate black trainers as part of their school uniform

“Doing The Daily Mile at Priory brings a real school spirit and togetherness to the school. My favourite part of The Daily Mile is seeing the older children helping the younger children. It’s so simple, yet so beneficial!”

Lee Molland, PE Lead

“It has been great to see some of the children, who are not keen on exercise, taking part and actually running for enjoyment”

Year 5 Leader

“The Daily Mile is a fantastic initiative. Staff and children really enjoy the challenge and it has made a real difference to pupils’ learning. Adopting a healthy lifestyle is something we really encourage at Priory and the Daily Mile is part of this drive. It is now part of daily life at Priory.”

Jacqueline Laver, Head Teacher

“As one of England’s largest schools it will be a beacon for schools everywhere who want to solve the childhood obesity crisis which faces this country.”

Elaine Wyllie, Founder of ‘The Daily Mile’

The Daily Mile at St Ethelbert’s Catholic Primary School in Slough

“This Daily Mile will definitely help me to improve my fitness. I may even run with my mum now.”

Year 5 Pupil at St Ethelbert’s

