



Daily Mile

The Daily Mile Works!

- It takes place in 15 minutes, with most children averaging a mile, or more, each day.
- Children run outside in the fresh air - and the weather is a benefit, not a barrier.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- The children return to class ready to learn.
- It helps to improve fitness and achieve a healthy weight.
- It encourages children to be aware of their health.
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.
- Fitness, stamina and energy levels are increased

Health benefits:

- It reduces obesity and improves body composition - bone density, muscle strength, joints and cardiovascular health
- Gross and fine motor skills are developed, leading to better balance and helping to reduce dyspraxia
- Children are less sedentary, doing more moderate to vigorous activity
- Improves physical development in children from nursery age upwards
- It promotes the idea of self-care with children becoming more aware of their own health and the need to take responsibility for it
- It can benefit children with medical conditions, such as diabetes and asthma
- Children doing The Daily Mile have the chance to create better health outcomes for the future
- There is no feeling of being left out - it's always 100% inclusive and all children take part, including those with special and complex needs
- The children enjoy it and look forward to it - having fun, in the fresh air with friends, with a sense of freedom
- Being outdoors, children can have those feelings which come through connecting with the weather, seasons and nature
- It can result in children reporting generally higher levels of self-satisfaction
- It can help to reduce feelings of anxiety and stress, with children feeling happier and refreshed
- There is no sense of failure - everyone succeeds at The Daily Mile because it's not a race
- Confidence and self-esteem are improved and enhanced
- It helps children to develop greater resilience and determination
- After running and jogging for 15 minutes, greater focus and concentration is evident in class
- The children are often more settled afterwards, leading to improvements in behaviour
- As it's a social activity, it can help to build relationships and reduce isolation
- It helps tackle inequality - no child needs kit, equipment, money or transport to participate
- It helps to close the health inequality gap between the most and least deprived children
- Parents can start to see the benefits at home, often reporting that their children are eating and sleeping better, as well as encouraging their family to be more active

