



The
Daily
MileTM
children fit for life





THE DAILY MILE HAS A POSITIVE IMPACT ON:

- health and wellbeing -
 - physical
 - emotional
 - social
 - mental
- attainment
- self care



THE STORY SO FAR

- 6,400 + schools & nurseries signed up
- 3,100 + in England
- 55 countries
- Government agreements / implementation partners
- London Marathon / Mayor of London
- GM Moving / Mayor of Greater Manchester
- Sir Andy and Sir Mo
- Almost 1.5 million children



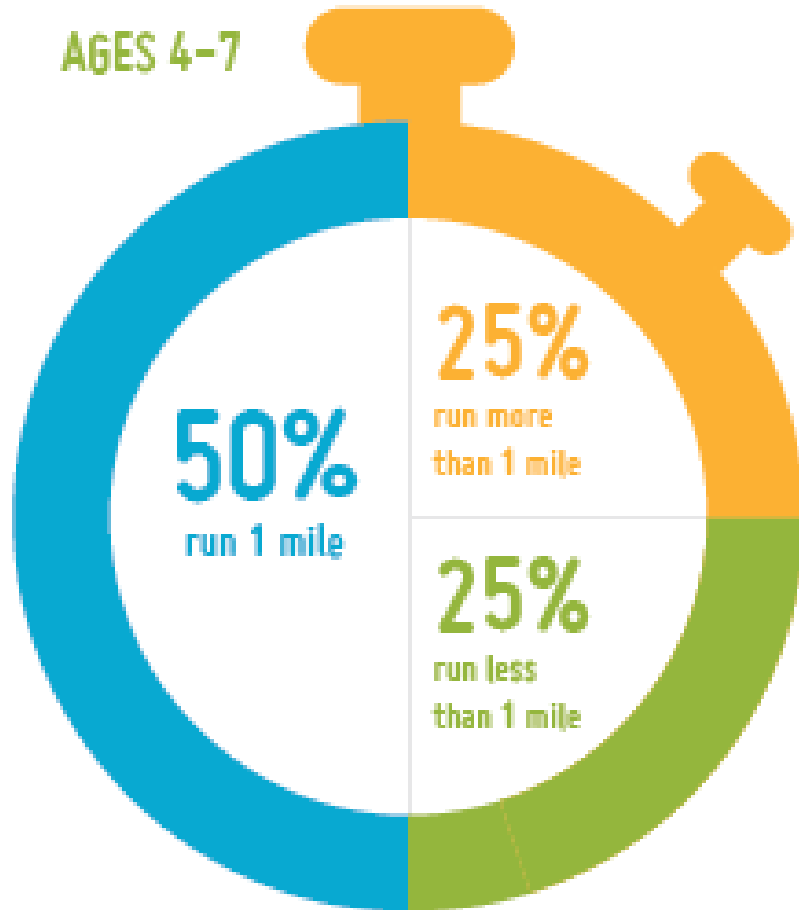
THE CORE PRINCIPLES OF THE DAILY MILE

- 100% inclusive
- social and fun
- children run and jog at their own pace
- always a time - 15 minutes - never a distance
- outdoors in almost all weathers
- school clothes
- during class time with the teacher
- risk assess your route
- keep it simple



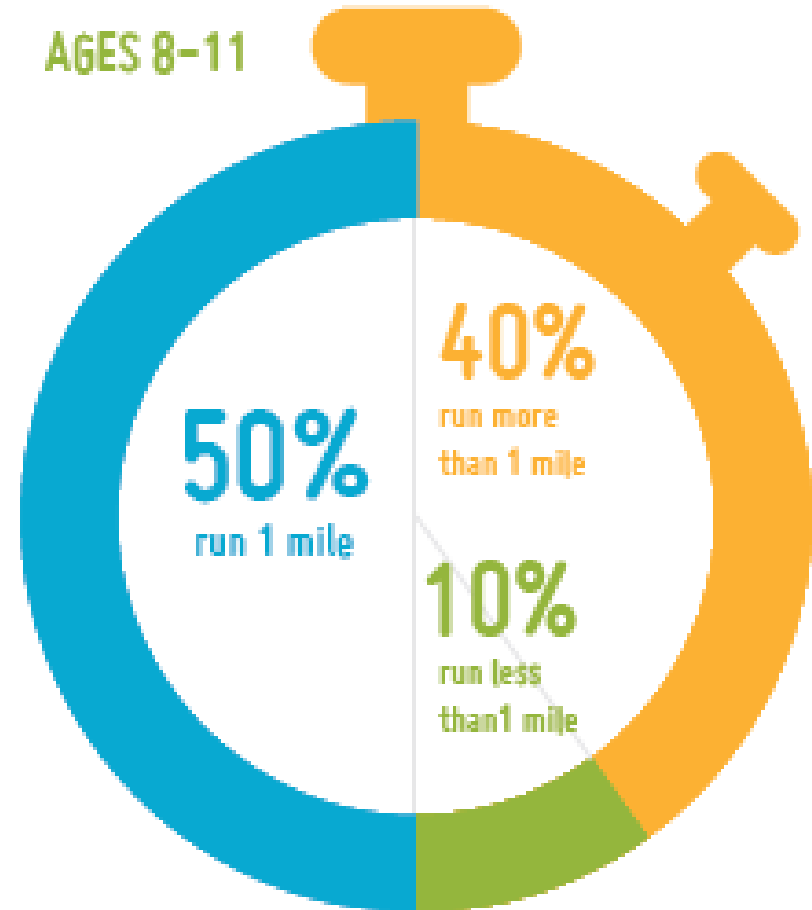
IN THE 15 MINUTES.....

AGES 4-7



75% run a mile or more

AGES 8-11



90% run a mile or more

SPECIAL NEEDS

- children with mobility difficulties
- children with SEN and complex need
- helps build confidence with movement
- used therapeutically – e.g. ASD, ADHD
- asthma, brittle bone disease, cerebral palsy, cystic fibrosis, diabetes
- an opportunity for isolated children to socialise
- provides a reason to be outdoors every day



BENEFITS FOR CHILDREN

- greater happiness
- fit in 4 weeks
- access to sport and PE
- addresses health inequality
- physical activity is normalised
- resilience, self esteem and determination
- relationships
- obesity is reduced
- focus and attainment



WHY IT FITS IN SCHOOLS AND NURSERIES

- enables children to be physically active every day
- it's very simple and it's completely free
- a practical H&WB solution, not only a message
- a positive impact on focus and behaviour
- H&WB benefits for staff
- great support from parents
- no workload - no planning, measurement or assessment
- raising attainment through regular physical activity
- helps to build the school community



REMOVING THE BARRIERS TO PHYSICAL ACTIVITY

- no kit, therefore no issues around kit:
 - no cool / uncool kit
 - no forgetting or losing kit
 - no body image issues, or revealing your body
 - no time spent changing
- no sense of failure - every child succeeds
- no equipment, set up, tidy up or warm up
- weather and the seasons are a benefit, not a barrier
- no staff training



WHY DO CHILDREN LOVE THE DAILY MILE?

think of a memory from your childhood when you were playing and you were happy

fresh air

friends

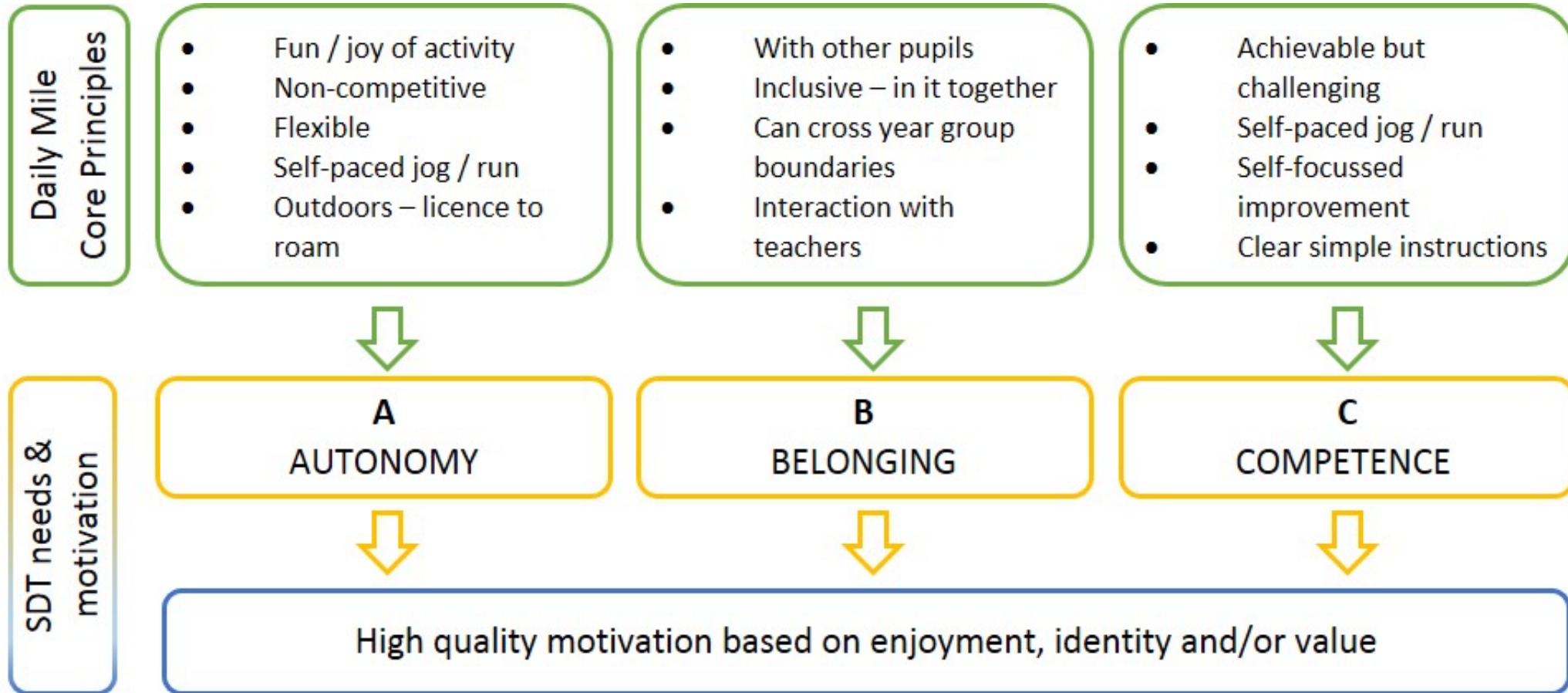
fun

freedom

the needs of childhood in 15 minutes



THE ABC OF MOTIVATION



Simon Sabere

COPPERMILL PRIMARY RESEARCH FINDINGS

- the number of children who recorded a score low enough to be an indicator of potential health risks was reduced from 36 children to 12 children - in 10 weeks
- significant improvements in wellbeing and self-esteem
- predicted SATs results: high 60s, low 70s
- actual SATs results:

Reading

92%

Writing

88%

Maths

96%

GPS

96%

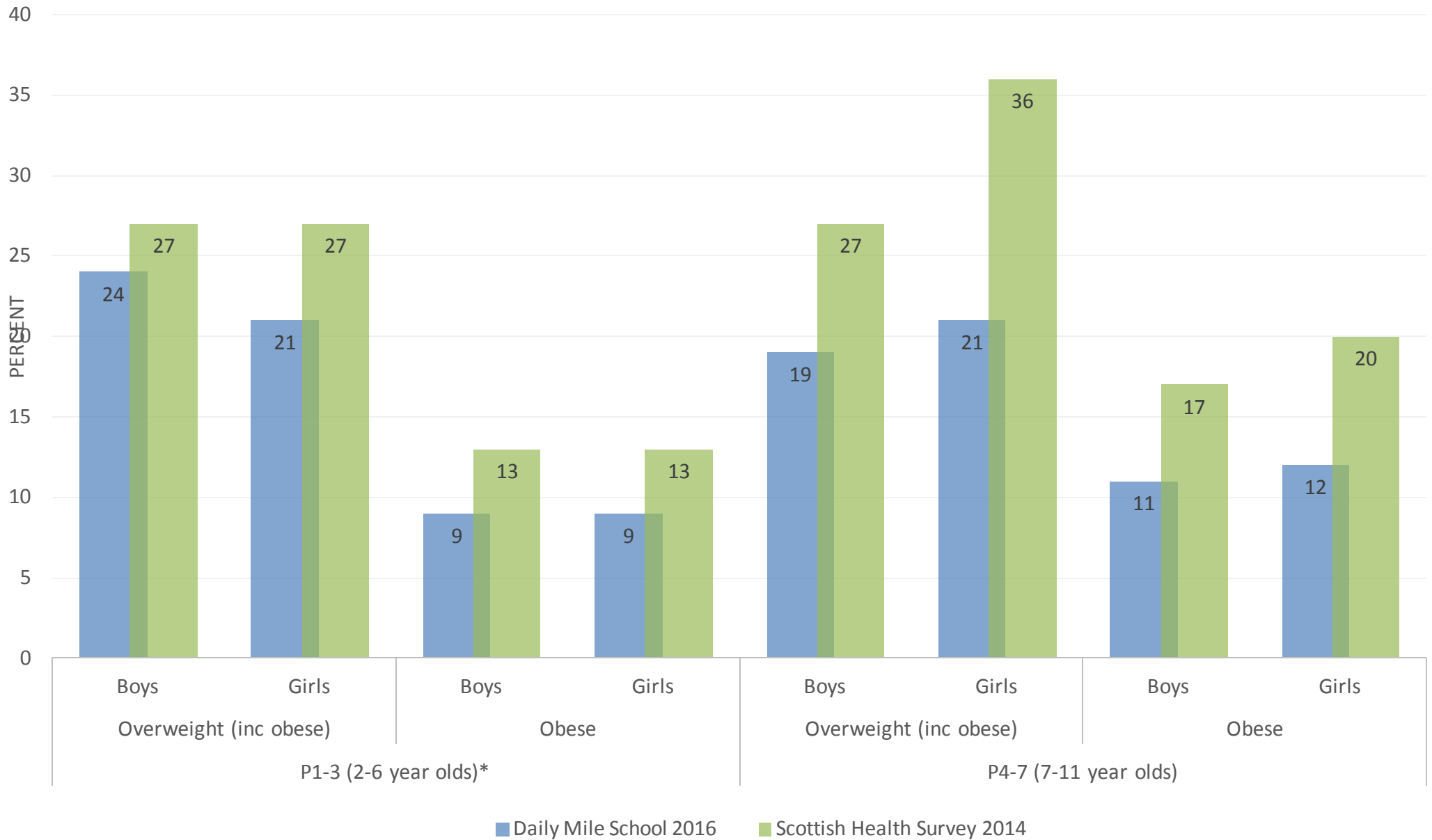


UNIVERSITIES OF STIRLING & EDINBURGH

- increases MVPA by +9 min/day (~17%)
- reduces SED by -18 min/day (~5%)
- improves bleep test by +40 mtrs (~6%)
- reduces skinfolds by -1.4mm (~4%)



OVERWEIGHT / OBESITY IN THE DAILY MILE SCHOOL V SCOTTISH NATIONAL AVERAGE



Chesham RA, Booth JN, Sweeney EL, Ryde GC, Gorely T, Brooks NE, Moran CN. 2018. The Daily Mile makes primary school children more active, less sedentary and improves their fitness and body composition: a quasi-experimental pilot study. *BMC Medicine* 16:64 <https://doi.org/10.1186/s12916-018-1049-z>