

# Daily Mile

## Staff Training



Health Improvement Team

# Aims of the training

By the end of this workshop you will have:



Increased your confidence to deliver the Daily Mile



Increased your knowledge about the Daily Mile

# Background

- Pioneered by Elaine Wyllie, St Ninian's Primary in 2012
- Pupils tried to run around field
- Decided to run 15 minutes everyday to assess changes in fitness



# What is the Daily Mile?

Pupils run or walk for **15 minutes** every day

Pupils go out at **any time** during the day

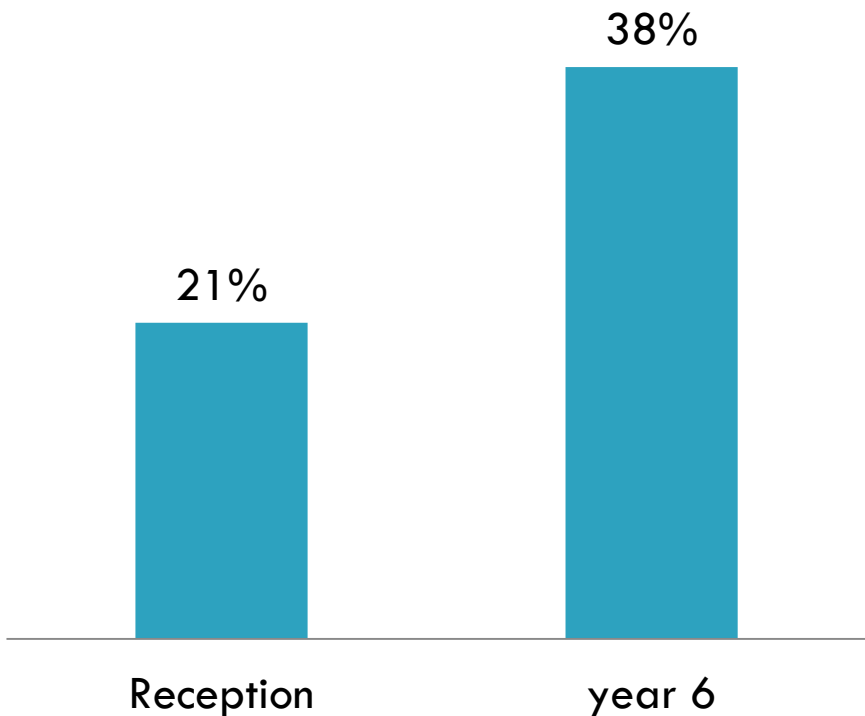
Pupils run alone a **marked track**

Officially endorsed by the Scottish government, Chief Medical Officer & Secretary for health

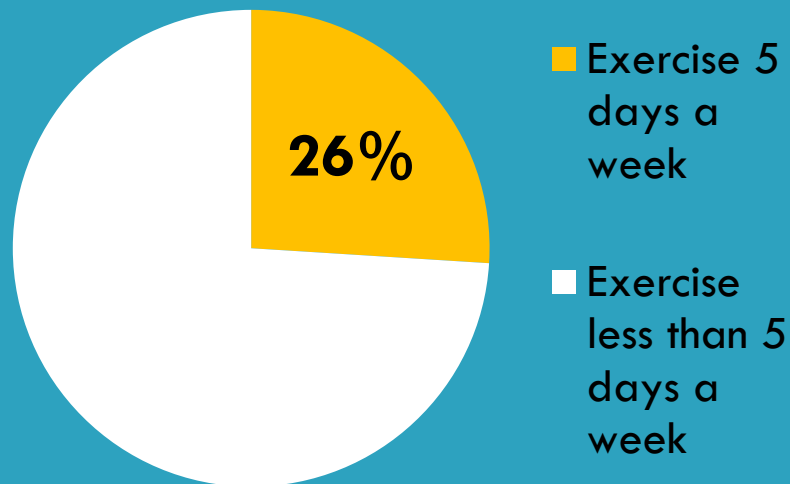


# Ealing data

## Overweight/obesity in 2015/16



## PA 5+ days/week



# Why does the Daily Mile work?

It's simple

It's inclusive

It's free

Parents are supportive of it

It's non-competitive

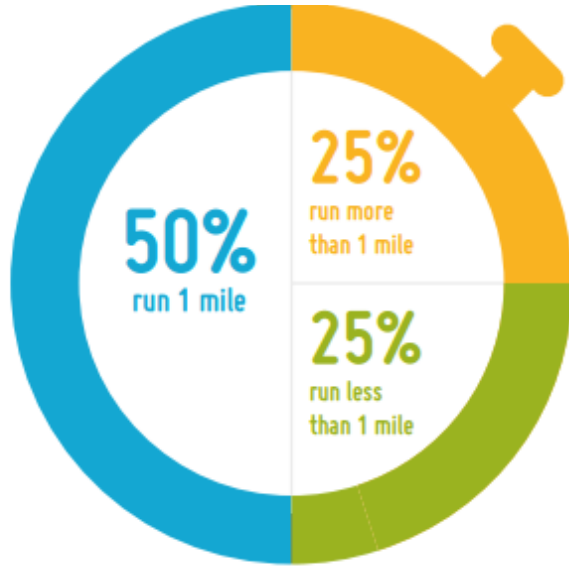
No need to children to change

It's quick

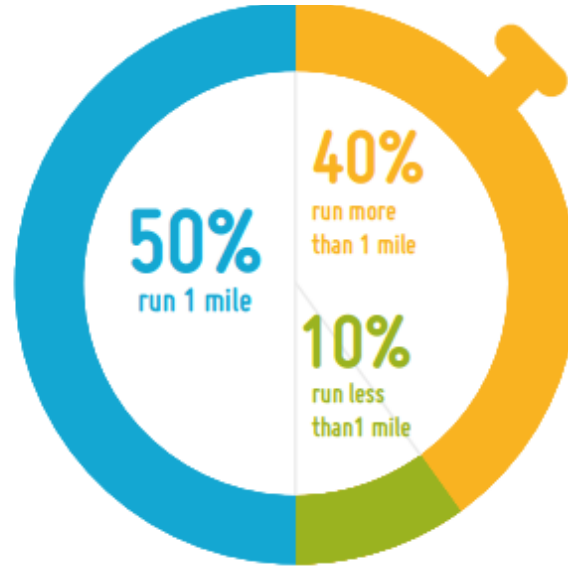
No timetable needed

# How far do children run in 15 minutes?

Reception

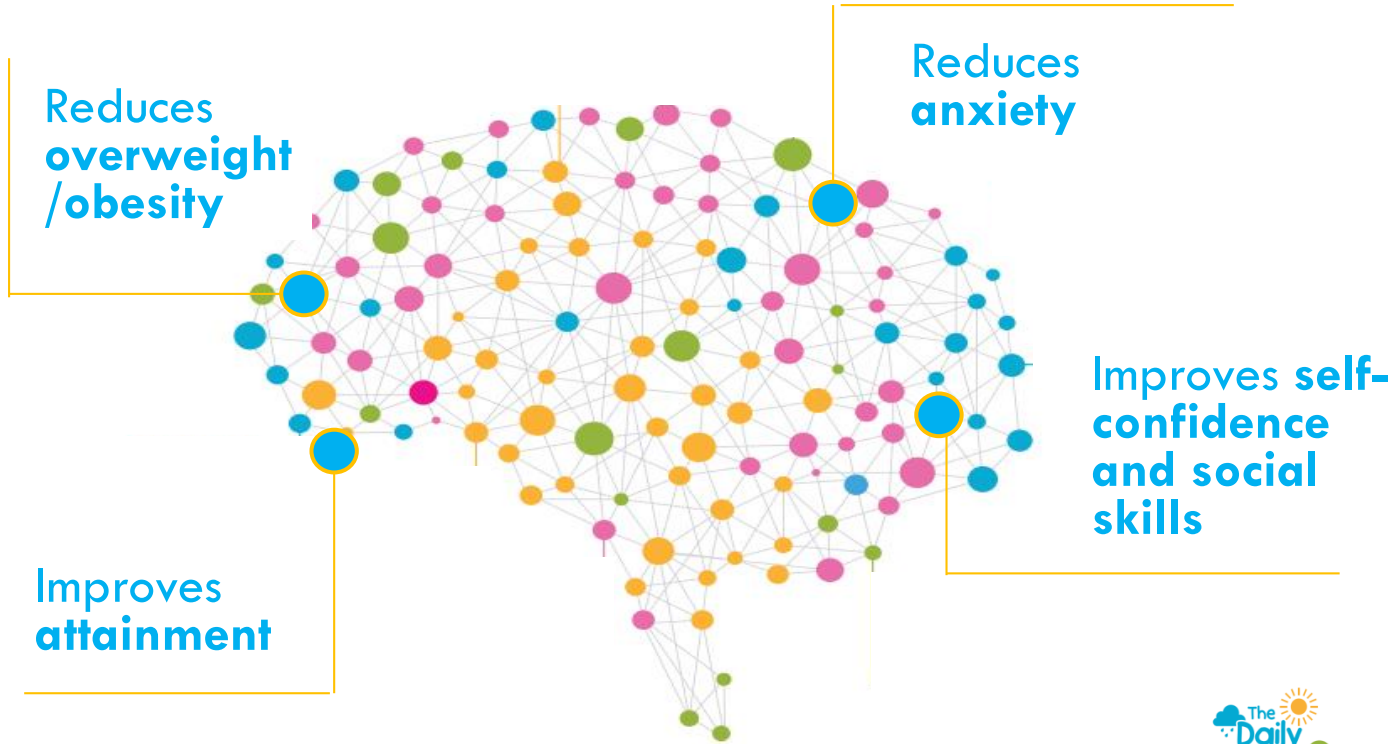


Year 6





# The Science: proven benefits





# When should pupils do the Daily Mile?

- Keep it flexible and allow teachers to take their pupils out at any time during the day.



# Ideas to keep it fun: Class competitions

- Token or sticker for each lap. Year group with most tokens at the end of term gets a prize.



# Ideas to keep it fun: Encourage a personal best

- Once a week, record how long it takes pupils to run a mile.

Name: \_\_\_\_\_

## DAILY MILE

MY PERSONAL BEST CHART

My goals

My current mile running time is: ..... minutes  
My goal mile running time by the end of term 1 is: ..... minutes  
My goal mile running time by the end of term 2 is: ..... minutes  
My goal mile running time by the end of term 3 is: ..... minutes

My personal best running chart

Once a week, record how many minutes it takes you to run a mile in the table below.

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Term 1												
Term 2												
Term 3												

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# Ideas to keep it fun: Link to the curriculum

## Walk the Nile River



## Walk around the world



# What if it's raining?

- Go during a break in the weather or pupils wear a jacket. If its warm, run in the morning.



# Do pupils need to change their clothes?

- No, but pupils should wear appropriate footwear.



# Do pupils need to warm up or stretch after?



- There is no need. They just start running at their own pace.



# Will the Daily Mile interrupt school lessons?

- It's a slick 15 minutes turnaround. Often teachers go out when they feel that the children are losing focus.



# Do pupils need to do the Daily Mile every day?

- Yes. It needs to be daily or the children will find it hard to do and won't get the full benefits.



# Do pupils have to run the Mile?

- Yes, but they can do a combination of walk/run. They do not need to run the same number of laps.



# Do teachers need to run the Daily Mile too?



- It's up to your school and teachers. However, it sets a good example, improves your fitness and motivates the pupils.

# For more information

Ealing Grid for Learning

Log in

A-Z

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- School governance
- Teaching and learning

## HIT toolkits

Ealing school staff can register for a user account by sending an email to [egflwebteam@ealing.gov.uk](mailto:egflwebteam@ealing.gov.uk).

Not an Ealing school? Please contact Nicole McGregor: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk) instead.

**Daily Mile toolkit sample** - the full toolkit and appendices are available below **behind a login:**

**Daily Mile full toolkit** (pdf)



## Appendices



### Popular pages

- Early years foundation stage (EYF5)
- Career development for support staff
- Teacher standards
- Religious education
- Curriculum subjects

- ### Services for schools
- Computing and ICT SLA 2016/17
  - Continuing professional development (CPD) and training programme 2016/17
  - Ealing Education Centre (EEC) training and meeting venue 2016/17
  - Ealing Grid for Learning website 2016/17
  - Ealing music service 2016/17

# The Daily Mile Toolkit

Step-by-step guide for Ealing schools



# The Daily Mile Toolkit

Three main sections

SECTION 1:  
Background

SECTION 2:  
Step-by-step  
guide

SECTION 3:  
Appendix



# The Daily Mile Toolkit

## 7 steps to setting up the Daily Mile

### Step-by-step guide

to setting up The Daily Mile

The Daily Mile programme is easy to introduce, but improper planning can cost you time, money and makes it more difficult to get your school community on board. Follow the seven steps below in order to help ensure your Daily Mile is successful, sustainable and has buy in from staff, parents and pupils.

**step 1** Carry out a needs assessment

**step 2** Organise a project planning group

**step 3** Consult and discuss

**step 4** Plan and prepare

**step 5** Implement the Daily Mile

**step 6** Promote and communicate

**step 7** Review, monitor and evaluate



# Daily Mile Action plan

Complete this plan before carrying out the 7 steps

## Daily Mile Action Plan

step 1

### Carry out a needs assessment

- What data will you use for the needs assessment? .....
- Who will carry out the needs assessment? .....
- Who will collect baseline data? .....
- How will you collect baseline data? .....

step 2

### Organise a planning group

- Who will lead your planning group? .....
- Who will be part of your planning group? .....
- How often will your planning group meet? .....

step 3

### Consult and discuss

- When and how will you consult parents? .....
- When and how will you consult pupils? .....
- When and how will you consult staff? .....

step 4

### Plan and prepare

- When will you introduce the Daily Mile? .....
- Where will pupils run the Daily Mile? .....
- When during the day will pupils run the Daily Mile? .....
- Who will manage and coordinate your Daily Mile programme? .....
- How will you ensure all teachers are delivering this daily? .....
- What budget do you have for the Daily Mile? .....

step 5

### Implement The Daily Mile

- When will you launch the Daily Mile? .....
- How will you incentivise pupils to run the Daily Mile? .....

step 6

### Promote and communicate

- How will you communicate the Daily Mile to parents? .....
- How will you communicate the Daily Mile to pupils? .....
- How will you promote the Daily Mile? .....

step 7

### Review, monitor and evaluate

- How and when will you review the Daily Mile? .....
- How and when will you monitor the Daily Mile? .....
- How and when will you evaluate the Daily Mile? .....

15

# Appendix

## Resources to use and modify

### DAILY MILE

Information for parents

EVERYTHING YOU NEED TO KNOW ABOUT THE DAILY MILE PROGRAMME

#### What is the Daily Mile?

 The Daily Mile is where all pupils walk or run a mile (or as far as they can in 15 minutes) along a marked track every day whilst at school. The Daily Mile is flexible so teachers can take their pupils out at any time during the day. The aim of the Daily Mile is to improve pupils' health and fitness, and it is an extension of the school's PE curriculum.

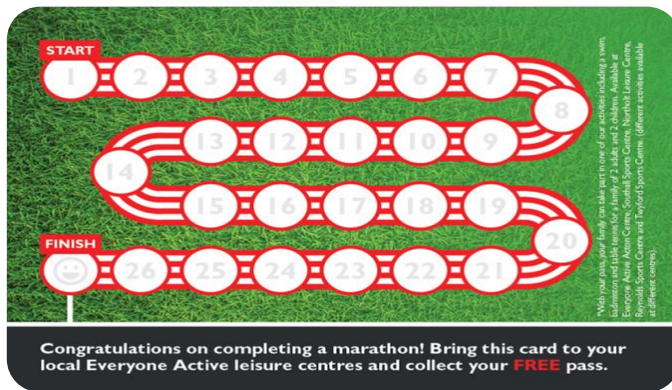
#### What are the benefits?

-  Improves concentration, learning & achievement
-  Improves fitness, health & reduces weight
-  Reduces anxiety, improves emotional wellbeing
-  Encourages social skills & more varied friendships

↑ Only 1 in 5 pupils in the UK does the right amount of exercise needed to be healthy.

# Appendix

## Ideas to keep daily Mile fun: Marathon stamp cards



# More resources on EGFL

## Ideas to keep daily Mile fun: Personal best chart



Name: \_\_\_\_\_

# DAILY MILE

MY PERSONAL BEST CHART

**My goals**

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My goal mile running time by the end of term 3 is: ..... minutes

**My personal best running chart**

Once a week, record how many minutes it takes you to run a mile in the table below.

Today 1 min	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Term 1												
Term 2												
Term 3												

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 Healthy Schools  
www.healthy-schools.org.uk

Once a week,  
record how  
long it takes  
pupils to run a  
mile.

# For more information

- Go online [www.thedailymile.co.uk](http://www.thedailymile.co.uk) for vidoes, news and resources on The Daily Mile.
- For more information or advice on the Daily Mile, contact Nicole on [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).
- The Daily Mile toolkit, resources, templates and staff training powerpoint are available here: [www.egfl.org.uk/healthy-schools](http://www.egfl.org.uk/healthy-schools)

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# Questions

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**End of presentation**