

10 core principles

Your steps to Daily Mile success



QUICK

It takes just 15 minutes with no time spent changing, setting up or tidying up. Transitions between class and route should be slick.



FUN

The Daily Mile is physical activity in a social setting and must be fun for the children. They can chat to their friends as they run along enjoying the experience together.



100%

It's always fully inclusive – every child, every day. They should all be out together in the fresh air. Children with mobility difficulties should be supported to take part.



WEATHER

Treat the weather as a benefit, not a barrier. Children enjoy being outside in different types of weather, connecting with nature and being aware of the seasons.



ROUTE

Ideally, your Daily Mile route should have a firm and mud-free surface – most schools use the playground or an existing path. Incorporating child-pleasing loops and squiggles works well.



RISK

Risk assess the route in order to ensure that The Daily Mile is a safe activity. Please see a sample risk assessment on our website.



WHEN TO GO

The Daily Mile should happen during curricular time, at least three times a week. Ideally, the class teacher should decide when to go out – they know their class and can respond flexibly to their needs.



CLOTHES

The children run in their school clothes without changing into kit; jackets on if it's cold or damp and sweatshirts off if it's warm.



OWN PACE

The children go at their own pace. Done properly, it's not a walk – able-bodied children should aim to run or jog for the full 15 minutes with only occasional stops to catch their breath, if necessary.



SIMPLE

Keep it simple. Resist the temptation to overcomplicate it. It should always be social and fun. From time to time, you may wish to connect it to the curriculum or do something seasonal, for example, running Laps to Lapland.



Setting up The Daily Mile in your school

1 BEFORE YOU START

It's good to ensure that staff, children and parents know exactly what The Daily Mile is, what the benefits of The Daily Mile are, and that it's not competitive. The children always run at their own pace, often using the language of friendship to support and include each other.

2 PLAN YOUR ROUTE

Schools normally use their existing playground, as all-weather surfaces such as tarmac are ideal. They are also easily risk-assessed. Child-pleasing squiggly paths work well. If possible, make the route about 5–10 laps long. This allows the children to enjoy running as many laps as they can in the 15 minutes, without anyone appearing to be in the lead.

3 GETTING STARTED

You might decide to start with one class or one year group, then scale it up to the whole school and nursery, or every class might start on the same day. Many schools and nurseries have held successful launch events, which quickly raises the profile of The Daily Mile in their community. Some schools carry out a survey at the start and again after a few weeks.

4 HOW TO BUILD THE CHILDREN'S FITNESS

It's important not to introduce The Daily Mile as a walk. The children should be encouraged by their teacher to run and jog at their own pace, for 15 minutes. After about four weeks, all able-bodied children should be running or jogging for most or all of the way.

5 WHEN TO DO THE DAILY MILE

Try to avoid a tight timetable – it's best if the timing of The Daily Mile is as flexible as possible, with the class teacher deciding when to go out. To ensure that everyone receives the full benefits do it daily, going out in almost all weathers.

6 WHO DOES THE DAILY MILE?

Everyone! It's always fully inclusive, so make sure all children are out in the fresh air every day. Staff should support the children and can run with them or encourage them from the side. Children with special needs should be supported, as appropriate, to take part.

7 HOW TO KEEP IT SLICK

Staff should make the transitions very slick – from class to outdoors and back in again, so that The Daily Mile takes no more than 15 minutes in total.

8 FINALLY, KEEP IT SIMPLE!

The Daily Mile should always be kept social and fun. The main thing is that the children go out to run for 15 minutes a day to get fit in the fresh air with their friends!

