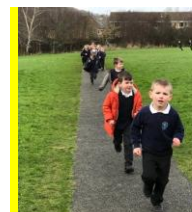


# The Daily Mile at Castle Hill Primary School



## What's happening?

From September 2019, we will be introducing The Daily Mile across the whole school. This is to take place on our new multi-use track on the field and the aim of it is to help all children improve their physical, emotional and social health and wellbeing by doing 15 minutes of physical activity every day. We will be implementing The Daily Mile using their published ten steps to success.

1. **Quick** – it takes just 15 minutes, no time changing, setting up or tidying up.
2. **Fun** – The Daily Mile is a physical activity in a social setting, they run along with their friends, enjoying the experience together.
3. **100%** - Fully inclusive - every child, every day out in the fresh air.
4. **Weather** – treat the weather as a benefit, connect with nature and become aware of the seasons.
5. **Route** – the route is on a firm and mud free surface.
6. **Risk** – a simple risk assessment of the weather and the track surface will ensure that The Daily Mile is a safe activity.
7. **When to go** – The Daily Mile happens during curriculum time and the class teacher decides when they should go out during the day.
8. **Kit** - Sensible school shoes are fine to run in along with jackets or jumpers if it's cold or damp.
9. **Own Pace** – The children run 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, only slowing occasionally to catch their breath if needed.
10. **Simple** – Keep it simple, social and fun.

I love it because it gets my heart beating faster and I get fitter. I like the fact that I can run with my friends!  
Skye –

I love it because it helps me to keep fit and I like to challenge myself! Noah - Year 1

