

Daily Mile



- Daily, routine exercise
- Personal targets
- PSHCE development
- Mental health and wellbeing



Improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.



hands on



resilience



Do the right thing

The Daily Mile is a social physical activity, with children running, jogging or wheeling – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run, jog or wheel for the full 15 minutes. We want every child to have the opportunity to do The Daily Mile at Castle Hill.

<p>QUICK</p> <p>It takes just 15 minutes with no time spent changing, getting up or tidying up. Transition between class and water should be quick.</p>	<p>FUN</p> <p>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.</p>	<p>100%</p> <p>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.</p>	<p>WEATHER</p> <p>Test 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.</p>	<p>ROUTE</p> <p>Ideally, your Daily Mile route should have a flat and smooth surface – most schools use the playground or an existing path. Waterproofing child wearing boots and leggings works well.</p>
<p>RISK</p> <p>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.</p>	<p>WHEN TO GO</p> <p>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.</p>	<p>CLOTHES</p> <p>The children run in their school clothes, without changing into kit, jackets on if it's cold or shorts and sandals if it's warm.</p>	<p>OWN PACE</p> <p>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.</p>	<p>SIMPLE</p> <p>Keep it simple. Resist the temptation to over-complicate 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 Light to Light.</p>