

# THE DAILY MILE IN ESSEX

 56 schools responded to Active Essex's Daily Mile survey

 **90%** of schools have been involved in the Daily Mile for more than 2 yrs

## Ways in which teachers saw the Daily Mile impacting pupils:

 **80%** of the schools reported an improvement in teacher-pupil relationships

 **60%** of schools saw an improvement in relationships between peers due to taking part in the Daily Mile

 **80%** of schools saw an improvement in levels of concentration due to participation in the Daily Mile



It is a 10 minute brain break for classes to use between lessons. Often cubes are used to count laps of playground and field to calculate distance. It is usually just the class teacher who takes them outside to do this. But this initiative does help many of our SEMH children, and allows some of our other children to run off their nervous energy.


**Ongar Primary School**

 **85%** of schools are satisfied with the Daily Mile campaign, scoring it with a 6 or above.



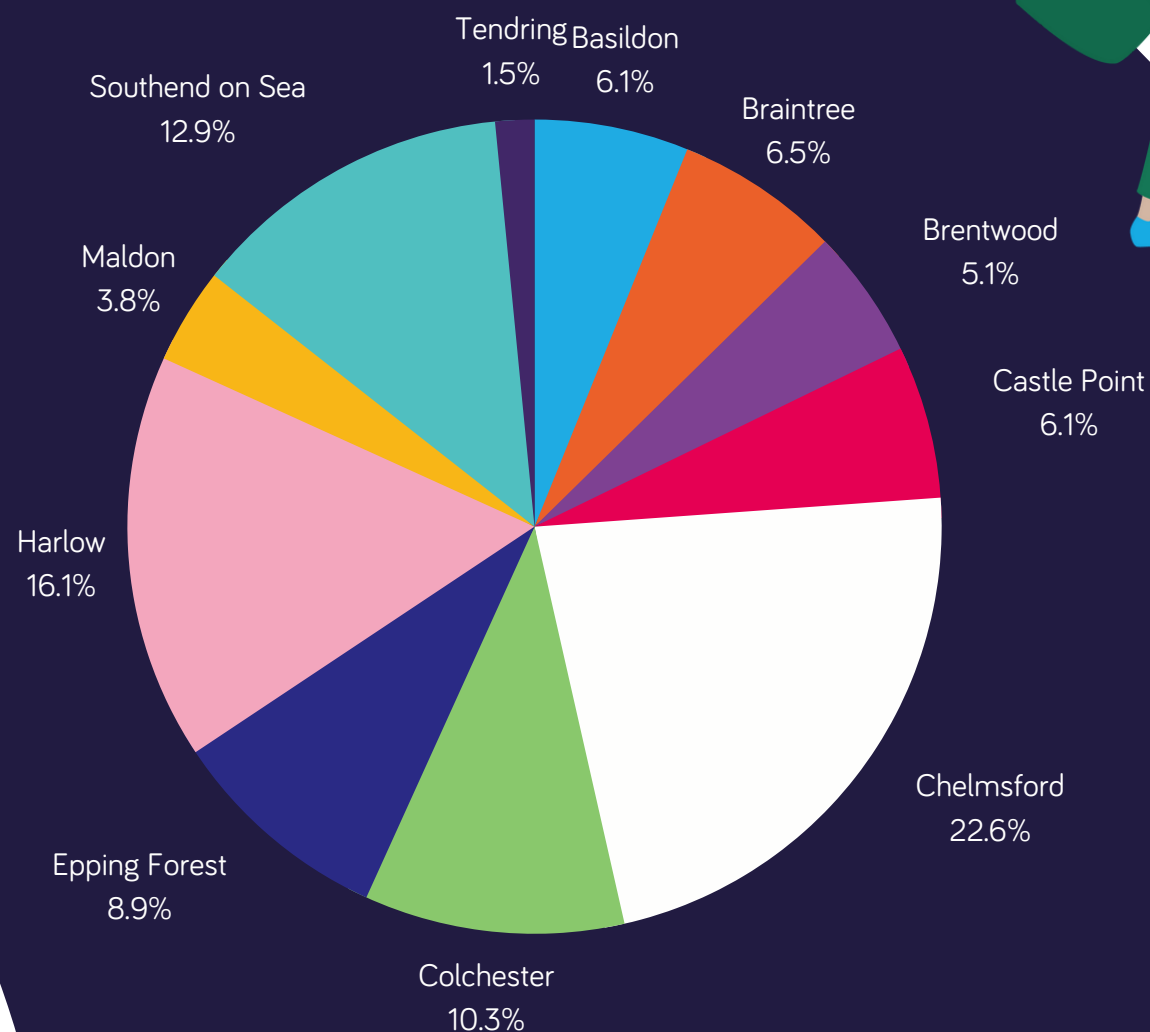
**50%** of schools participate in the Daily Mile everyday

**40%** of schools take part on 2 or more days

 **75%** of schools think it is engaging, actionable & interactive.

## Number of children and young people involved across districts

\*of schools completing the survey



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Almost all of our pupils enjoy the Daily Mile, with most asking teachers to do it every day. We've noticed an improvement in fitness and physical appearance particularly after lock down. Children feel good taking part, and if they do not run, they're encouraged to walk briskly and swing arms. Most will chat to one another and enjoy each others company. I think it's a great opportunity for teachers to chat to the children and all enjoy the nature around them.

**Thomas Willingale School and Nursery**



**25%** of schools involve young people in the organisation and leadership of the Daily Mile.

Involvement ranged from organising timings, areas/ routes, to monitoring laps/distances and use student voice to improve the offer.

 **90%** of schools reported on improvement in pupil's physical health and mental wellbeing

