

# THE DAILY MILE: SUPPORTING CHILDREN'S HEALTH AND WELLBEING








A SIMPLE, PROVEN WAY TO GET YOUR CHILDREN MOVING DURING THE SCHOOL DAY

## WHAT IS THE DAILY MILE?

The Daily Mile is a free, fully inclusive physical activity model where children run, wheel or walk for at least 15 minutes, a minimum of three times a week during school hours. There's no need for equipment, special clothing or extra planning. Just a commitment to getting children moving in a fun way that fits into your school day.

### WHY IT WORKS

-  **IT TRANSFORMS INACTIVE CHILDREN**  
The greatest impact is seen among children who were previously inactive. The Daily Mile helps them realise that physical activity can be enjoyable, while also helping to build a positive association with being active.
-  **IT BENEFITS THE WHOLE CLASS**  
Active children gain too. Teachers report improved focus, behaviour, mental health and physical fitness.
-  **IT IS FULLY INCLUSIVE**  
The Daily Mile is for every child, regardless of age, ability or background. There is no competition, no pressure and no barriers. Children take part at their own pace and in their own way, side by side with their peers.
-  **IT OPENS THE DOOR TO SPORT AND PE**  
Many teachers see The Daily Mile as a gateway to greater participation in physical education and school sports. It encourages children to see movement as something they can enjoy and achieve.
-  **IT EMPOWERS UNDERREPRESENTED GROUPS**  
We have seen The Daily Mile make a powerful difference in communities where physical activity levels are lower. For example, it has helped many girls from Muslim communities take their first steps into sport by showing them what they are capable of.
-  **IT STRENGTHENS SOCIAL CONNECTION**  
The Daily Mile encourages natural, side-by-side conversations as children move together and with their teachers. It's a relaxed, pressure-free space where conversations naturally flourish. Teachers often tell us that some of the best chats and moments of peer support happen during The Daily Mile.

### KEY FACTS

-  **1** ITS FUN, just 15 minutes, at least three times a week
-  **2** No kit, no cost, no changes to your timetable
-  **3** Proven to improve physical and mental wellbeing
-  **4** Suitable and accessible for all children



START TODAY

Join thousands of schools, all over the world, already taking part. Help your children feel healthier, happier and create lifelong healthier habits.

Register at [thedailymile.co.uk](https://thedailymile.co.uk)

# HOW TO GET STARTED WITH THE DAILY MILE

It's quick, easy, and fun!  
The Daily Mile is just 15 minutes of movement during the school day whenever it suits you and your class. No equipment, no prep, just getting active together at least three times a week!



## STEP 1: GET READY

- ✓ Introduce The Daily Mile to your child and get them excited about moving!
- ✓ Everyone can take part, whether running, wheeling, or walking.
- ✓ Decide on your Daily Mile route, use the playground, field, or any safe outdoor space.



## STEP 2: GET MOVING

- ✓ Let children go at their own pace, no stress or pressure, just movement.
- ✓ Encourage chatting and social interaction whilst moving, it's all about having fun together!
- ✓ Maintain a safe and supportive environment where every child feels included.



## STEP 3: NOTICE THE BENEFITS

- ✓ Discuss The Daily Mile with your class. How do they feel during and afterwards? Did it boost their energy? Improve their focus?
- ✓ Highlight the benefits and link movement to better learning and well-being.



## A FEW HELPFUL TIPS

1

### Before You Start

Make sure staff, children, and parents all know what The Daily Mile is and why it's brilliant. It's not about competition—it's about moving, feeling good, and being social.

2

### Plan Your Route

Playgrounds or existing paths work perfectly. Add a few loops or squiggles, kids love them. Aim for around 5–10 laps so there's no pressure to keep up.

3

### Launch It Your Way

Start small with one class or go big with the whole school. Some schools hold fun launch events which are great for building excitement. Consider a simple survey to show progress after a few weeks.

4

### Building Fitness

Encourage running or jogging right from the start at their own pace. Within a few weeks, most children will be jogging for the full 15 minutes.

5

### Flexible Timing

Avoid rigid timetables, teachers know when their class needs a boost. Aim for at least three times a week, daily if you can!

6

### Keep It Simple

Don't overcomplicate things. No fancy kit. No competitions. Just fresh air, movement, and fun.

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