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The Daily Mile has been a god send and became a key part of our holiday programme, helping children maintain active routines throughout the summer. It's an activity they know, enjoy and look forward to every day.

SuperStar Sports Epping

Holiday Activity and Food Programme Impact

Taking The Daily Mile beyond the school gates, Essex ActivAte extended its reach into holiday provision through the Holiday Activities and Food (HAF) programme, helping thousands of children stay active, build friendships and develop positive wellbeing habits during the summer holidays.

69

HAF clubs delivered The Daily Mile to children and young people throughout the summer holidays

3,887

children and young people engaged with The Daily Mile across the summer HAF programme

13

districts across Greater Essex successfully delivered The Daily Mile during summer HAF

5,085

repeat participations were recorded, showing young people took part in The Daily Mile on multiple occasions



The Daily Mile has been a huge hit with children. They've loved the activities and weekly themes, helping them stay active and engaged throughout the holidays. We've also received fantastic feedback from parents.

Rainbow Childrens Corner, Harlow

50.7%

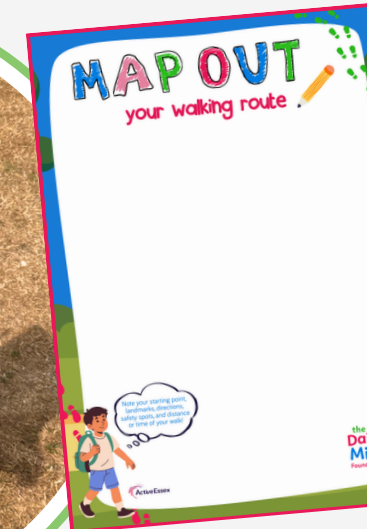


of clubs delivering The Daily Mile incorporated it into every holiday session

£1,500

of funding for 200 HAF holiday clubs provided practical, reusable resources supporting high-quality and consistent delivery

- Reusable Daily Mile maps and markers
- 'Walk and Talk' wellbeing activity cards



34

clubs engaged young leaders to support delivery

Young Leaders helped to:

- Motivate participants
- Support inclusion
- Facilitate conversations and lead activities

The Daily Mile made a significant impact across the summer HAF programme in Greater Essex by:



Increasing physical activity



Building friendships and social connections



Supporting positive wellbeing habits



Developed young leaders' confidence and skills

Case Studies and Stories

Building Friendships Through The Daily Mile: Changing Lives, Harlow

At Hare Street Holiday Club, a small group of children aged between 7 and 8 years, who initially found social situations challenging developed strong friendships through taking part in The Daily Mile and other group activities.

The supportive club environment helped encourage participation, build confidence and create opportunities for children to connect with others.

One of the most popular activities was the Daily Mile scavenger hint challenge, where children worked together to complete tasks, find items and support one another as a team. Through these shared experiences, the children became more confident joining group activities, communicating with others and forming positive relationships.

As the summer progressed, staff observed significant improvements in the children's confidence, teamwork and sense of belonging. Parents also reported positive changes at home, with children excited to talk about their daily achievements, new friendships and experiences at the club.



They have loved making new friends at the holiday club and we have noticed a real improvement in their confidence at home.

Parent Feedback



Bringing The Daily Mile to Life at Rainbow Children's Corner

The Daily Mile quickly became a highlight of the summer programme at Rainbow Children's Corner in Harlow, with children enthusiastically embracing the opportunity to be active each day. Following high levels of engagement, the provider planned to incorporate The Daily Mile into their programme two to three times per week throughout the summer.

Children enjoyed using the themed resources, including activity posters and Walk and Talk discussion cards, which encouraged conversation, teamwork and reflection while being active. The approach helped create a fun and inclusive environment where children could build confidence, develop social skills and connect with their peers.

The Daily Mile was further enhanced through themed activities, including treasure hunts during Pirate Week and kindness stone trails during Feel Good Week, linking physical activity with creativity, wellbeing and community engagement.



The children have absolutely loved taking part in The Daily Mile. It's become a fantastic way to start the day, with children enjoying the activities, discussions and themed challenges while staying active together.

Rainbow Children's Corner, Harlow

