



Public Health
England



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Protecting and improving the nation's health

Active mile briefing: practice examples

A briefing for public health teams,
commissioners, schools, headteachers and
teachers

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Introduction

Active mile initiatives have gained in popularity and momentum over recent years and emerging evidence suggests that they can make a meaningful contribution to children's in school physical activity levels as part of a whole-school approach (see [Active mile briefing: evidence and policy summary](#)). Research has shown that active mile initiatives are being implemented in a variety of different ways (see [Active mile briefing: implementation guide](#)). This briefing aims to inspire schools through a variety of practice examples demonstrating how these initiatives are being used and the difference they are making to schools and pupils. The outcomes described in the examples below are as reported by school staff and not necessarily as a result of an objective evaluation (although where this is the case, it has been reported).

The following practice examples have been highlighted to illustrate how schools and/or regions have addressed some of the most common implementation challenges. These are summarised in the table below.

Implementation theme	Practice examples
Sustainability (Page 4)	Ashton Under Hill Primary School Greenfields Primary School St Joseph's Catholic Primary School Stokes Wood Primary School Tudor Grange Primary School Kent Sport Sport Birmingham
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Practice examples: primary schools

Sustainability

Institution Type + Title	Primary school: Ashton Under Hill First School, Worcestershire			
School information	Location: Rural village	Age: 3-10	Gender: Mixed	Pupils: 104
Aim	Using Marathon Kids to run to Tokyo			
Description of activity	<p>Pupils at the school are linking Marathon Kids to the Tokyo 2020 Olympics by attempting to collectively run the equivalent distance from Evesham to Tokyo in time for the opening ceremony.</p> <p>Teachers wanted to ensure the programme became sustainable and was able to keep the children's interest in the long term rather than phasing out after a few weeks or months.</p> <p>The school calculated a route whereby pupils travel through all the countries that link to families within the school. When that country is reached, a member of their family is invited to come in to talk to the children about life in their country and what makes it different to the UK.</p>			
Outcomes	Pupils have already run the equivalent distance of Evesham to Amsterdam and are currently making their way to Berlin with further destinations including Bratislava, Sofia, Beijing and Pyongyang before they finally reach Tokyo.			
Testimonial	<p style="text-align: center;">“The children love the challenge of it, especially the less active children who have really embraced it.”</p> <p style="text-align: right;">Teacher, Ashton Under Hill First School</p>			
References and contacts	Lyndsay Thornton, Physical Education Specialist office@ashton.worces.sc.uk			

Institution Type + Title	Primary school: Greenfields Community Primary School, Kent			
School information	Location: Urban City and town	Age: 3-11	Gender: Mixed	Pupils: 367
Aim	Keeping the Daily Mile fresh by linking to different themes			
Description of activity	<p>Pupils do The Daily Mile every day without exception. Each class teacher takes their class out when they are ready to do it in the mornings.</p> <p>Every term, the school uses a different topic for The Daily Mile to keep pupils interested. Challenges linked to the theme are promoted via a display board which is decorated and used to track progress. Themes have been used such as Easter (Ted's Egg-cellent Adventure), Ancient Egypt (Nile Mile) and Geography (Frankfurter Dash).</p> <p>Most of the challenges are inter-class, so the friendly competition motivates pupils to not only take part, but also put the effort in during The Daily Mile.</p>			
Outcomes	<p>Pupils enjoy the challenges so much that they often ask to do extra at lunch time to make up for an absence. It has also helped with attendance as pupils want to come to school to do their challenge and they don't want to let their friends and classmates down.</p> <p>Variety is key to maintain interest for both staff and pupils. It really helps with motivation too as pupils buy-in to the challenge rather than just The Daily Mile itself.</p>			
Testimonial	<p style="text-align: center;">“The Daily Mile improves pupils' health; specifically for one child whose asthma has dramatically improved. His respiratory specialist has attributed this to taking part in regular physical activity.”</p> <p style="text-align: center;">Headteacher, Greenfields Community Primary School</p>			
References and contacts	<p>Mel Harding, Daily Mile Local Co-ordinator (Kent) Mel.Harding@kent.gov.uk</p>			

Institution Type + Title	Primary school: St Joseph's Catholic Primary School, Warwickshire			
School information	Location: Urban city and town	Age: 4-14	Gender: Mixed	Pupils: 207
Aim	Sustaining a physical activity initiative in school			
Description of activity	<p>The school began using Marathon Kids in 2016 as an alternative to informal and inconsistent use of active learning 10-minute sessions which were being sporadically used in school.</p> <p>Marathon Kids allowed the school to track distances and reward participation easily. Like many schools, St Joseph's wanted to be actively encouraging exercise and healthier lifestyle choices.</p> <p>The programme was launched by a Marathon Maker from Kids Run Free who led an assembly for the school and delivered training to the Marathon Ambassadors (peer leaders). The idea of being able to run a marathon enthused the majority of pupils.</p> <p>Because the laps are easy to accumulate, the school found that even reluctant runners were able to build up decent distances and the rewards were enough to encourage the pupils.</p> <p>To boost this further in the following year, the school began using the total distance run by all runners (captured via the Marathon Kids free digital tracking tool) to share progress in reaching countries and cities around the world. Three years later, progress is still announced in achievement assembly each week and causes much excitement! The first major milestone of the academic year is when the school have run far enough to visit the Pope in Rome.</p>			
Outcomes	<p>In 2018 – 19 the total distance run took the school to the Western Sahara; a distance the school is trying to beat this year. Making the outcomes tangible means it is easier for the pupils to engage and put meaning to their achievements. It also means that they are being exposed to the geography of the world and learning interesting facts about new places. In 2018 the school was stuck in the Arctic Circle for a few weeks and so the picture shown in assembly was a snowstorm –they eventually made it out of the Arctic Circle to another landmark, the remotest settlement on Earth in Greenland, Ittoqqortoormiit!</p>			
Testimonial	<p>“The meaning given to their efforts and the rewards, which are plentiful and frequent, mean that children and staff are keen to take part in Marathon Kids each year.”</p> <p style="text-align: right;">Headteacher, St Joseph's Catholic Primary School</p>			
References and contacts	<p>Julia Wallace, Headteacher admin3547@welearn365.com</p>			

Institution Type + Title	Primary school: Stokes Wood Primary School, Leicestershire			
School information	Location: Urban city and town	Age: 3-11	Gender: Mixed	Pupils: 481
Aim	Using friendly competition to motivate pupils			
Description of activity	<p>The school has been using The Daily Mile for 3 years now with pupils running around the field when it is dry enough and the playground when the field is too wet; our ambition is to purchase an all-weather track.</p> <p>When initially setting up The Daily Mile the school had several barriers to overcome: taking time from the curriculum, collecting data and supervising the running. After discussions with staff and pupils and by making changes over the 3 years to enable all of the school to take part, the pupils run The Daily Mile at various times so pupils can be safely supervised.</p> <p>Participation data is collected for the house competition. A pupil from each house collects the number of laps completed for each class and there is a weekly competition for The Daily Mile trophy with laps contributing towards an annual competition.</p>			
Outcomes	<p>It has introduced some of the inactive pupils to activity and physical exertions beyond previously experienced levels. Lower ability pupils, including those with special education needs and disability, run and can complete as many or more laps than peers who fair better than them in class.</p> <p>Staff have joined in, including the headteacher. This helps to build relationships and provide role models for pupils. Some staff power walk, some jog/walk and others run and challenge pupils to keep up and challenge themselves to do better.</p>			
Testimonial	<p>“There are numerous benefits for pupils and staff. Pupils enjoy it, they compete against each other and themselves, they gain a sense of achievement, it raises their self-esteem, it increases their fitness and teams and individuals have performed better in inter-school competitions.”</p> <p style="text-align: right;">PE teacher, Stokes Wood Primary School</p>			
References and contacts	<p>Jane Gadsby, Headteacher office@stokeswood.leicester.sch.uk</p>			

Institution Type + Title	Primary school: Tudor Grange Primary Academy, Warwickshire			
School information	Location: Rural hamlet and isolated dwellings	Age: 3-11	Gender: Mixed	Pupils: 86
Aim	To increase pupil participation and motivation to be active			
Description of activity	<p>The school had been participating in Marathon Kids for 3 years but had experienced a drop in pupil motivation to participate.</p> <p>To increase participation and boost pupil's fitness, the frequency of Marathon Kids was increased from twice a week to 4 times a week (3 lunchtime sessions and one before school session). During the lunchtime sessions, pupils are encouraged to complete a minimum of 11 laps (equating to 1km) before engaging in free play. During the morning session (8.15 – 9.00) pupils can run as many or as little as they want.</p> <p>In addition: a large boom box was purchased to play upbeat music during the Marathon Kids sessions; a display board was put up to share pupils' achievements, and a weekly celebration assembly was introduced.</p>			
Outcomes	<p>At lunchtime most of the pupils can't wait to get out on the playground to complete their laps and many continue running additional laps in order to reach the next sticker or medal sooner.</p> <p>With Marathon Kids taking place there are fewer incidents on the playground during lunchtime.</p> <p>The morning sessions have encouraged nearly 20% of pupils to arrive at school early so they can participate. Staff have also commented that although pupils arrive into class livelier, they settle down to learning quicker after running.</p>			
Testimonial	<p style="text-align: center;">“Maintaining motivation to participate can only be done by keeping things fun and interesting and by pupils setting achievable targets. None of this would have been attainable if it wasn't for the ‘little and often’ ethos the school now follows.”</p> <p style="text-align: right;">Teacher, Tudor Grange Primary Academy</p>			
References and contacts	<p>Sophie Hamilton, Teacher Shamilton@tgahaselor.academy.org.uk</p>			

Institution Type + Title	Kent Sport: Desk to Daily Mile
Aim	To provide a graduated introduction to participating in The Daily Mile
Description of activity	<p>Based on the Couch to 5k concept, Desk to Daily Mile is a 4-week plan providing a graduated introduction to running for non-runners.</p> <p>Pupils follow the specified run/walk ratio for that day's Daily Mile, and once completed add a sticker on the tracker to show it has been done.</p> <p>Schools can either have a class copy of the programme and follow it as a whole class to help build up to running The Daily Mile together. This helps to reinforce the inclusive nature of The Daily Mile while catering for a range of fitness levels. Alternatively, individual pupils can take ownership of the plan and have their own copy which they track themselves as they go.</p>
Outcomes	<p>Desk to Daily Mile has been useful for helping teachers engage the less enthusiastic pupils who don't like running and subsequently teachers who may find pupils' reluctance challenging and a barrier to participation.</p> <p>The approach also removes the fear of comparison to peers. By providing pupils with their own plan they can participate at their own level, learn to pace themselves and to see improvements in themselves over time. Consequently, this then contributes to improved confidence and better engagement.</p>
Testimonial	<p style="text-align: center;">“The plan also aligns with the free certificates which reward pupils for effort rather than success and include ‘Most Enthusiastic’, ‘Most Improved’ and ‘Most Dedicated’. These can be used strategically to further engage pupils following the plan.”</p> <p style="text-align: center;">Daily Mile Local Co-ordinator (Kent)</p>
References and contacts	<p>A PDF of the Desk to Daily Mile approach is available on request</p> <p>Mel Harding, Daily Mile Local Co-ordinator (Kent) Mel.Harding@kent.gov.uk</p>

Institution Type + Title	Sport Birmingham: From National Initiative to Localised Campaign
Aim	Using the Birmingham Commonwealth Games 2022 as a catalyst for change
Description of activity	<p>In order to provide The Daily Mile with a sense of local identity and connection to The Commonwealth Games every primary school in the city was sent a Commonwealth Challenge interactive poster.</p> <p>The poster, which displays a world map, highlights a 100-day virtual journey from Australia (the location of the previous Commonwealth Games) to Birmingham, via many of the countries that will be visiting the city for the games.</p> <p>Each day that schools complete The Daily Mile, children place a sticker on the map and contribute to their school's progress. The local initiative also includes opportunities for schools to earn further resources in the form of 'milestone rewards' that are positioned at various commonwealth countries along their journey.</p>
Outcomes	<p>The initiative has improved the uptake and participation in The Daily Mile across Birmingham. Registrations have almost doubled to 140 schools since the delivery of the posters in September 2019.</p> <p>Additionally, the results of a survey sent to all schools 3 months after their sign-up date shows a 10% increase in the number of schools participating with 'all' or 'most year groups' since the delivery of the posters.</p> <p>The initiative has recently gained official recognition from the Commonwealth Games Organising Committee and will now be a founding project in their United By Birmingham 2022 community scheme.</p>
Testimonial	<p style="text-align: center;">“It gives us an ideal opportunity to provide cross curricular links into geography, history and other areas. Its particularly important because it allows us to look at the countries from which some of our children originate.”</p> <p style="text-align: center;">Teacher, Clifton Primary School, Balsall Heath</p>
References and contacts	<p>Sam Payne, Daily Mile Local Coordinator (Birmingham) Sam.payne@sportbirmingham.org</p>

Supporting physical and mental health and wellbeing

Institution Type + Title	Primary school: Belmont school, Gloucestershire			
School information	Location: Urban city and town	Age: 4-16	Gender: Mixed	Pupils:142
Aim	Developing a restorative therapeutic approach to behaviour management using The Daily Mile			
Description of activity	<p>Belmont is an all age special school catering for pupils with a wide range of different needs including social, communication and emotional difficulties.</p> <p>A trial of The Daily Mile started in November 2018, with a view to include it as part of the school curriculum. The deputy head teacher introduced the initiative to all staff with the suggestion of taking part in the activity 3-4 times a week.</p> <p>A working party was set up where further ideas could be discussed and shared in order to come up with a best fit plan for Belmont and we have a school council, which is run by pupil representatives from each class, to support the pupil voice.</p> <p>Introducing The Daily Mile came at a pivotal time in the culture change within the school. A key focus a few years ago was on mental health and wellbeing for our staff and pupils. As part of this the school underwent the training and implementation of 'restorative approaches' across the school. This therapeutic approach ensures that all are supported in the building and maintaining of relationships and the resolving of conflict, when it occurs, in a restorative manner (that is some pupils find it easier to 'walk and talk' than to 'sit and talk').</p> <p>To be successful in this approach it is essential for time to be allocated to the relationships across the school, so we incorporated this into The Daily Mile. This also fits very well with the '5 Ways to Wellbeing' theme to help to keep all members of the school community focused on improving their own mental health.</p> <p>The time that The Daily Mile takes each day is dedicated to building relationships across the school, as well as mindfulness or taking notice of nature as they walk.</p>			
Outcomes	The Daily Mile offers an ideal opportunity for students to be involved in their school and its community. Whilst walking or running the mile, the older children support their younger peers giving them a			

	<p>sense of responsibility as well as acting as mentors and “buddies” for new or younger children.</p> <p>Pupils can enjoy talking with friends, sharing experiences and offering support to each other and it provides an opportunity for pupils to talk to adults disclosing any worries they may have.</p>
Testimonial	<p>“This is an essential part of our day now, as it allows time for staff and pupils to connect on a different level around physical activity that strengthens their relationships and sets them up well emotionally for the day.”</p> <p style="text-align: right;">Headteacher, Belmont school</p>
References and contacts	<p>Lisi Cottam, The Daily Mile Local Coordinator (Gloucestershire) LisiCottam@activegloucestershire.org</p>

Institution Type + Title	Primary school: Dame Dorothy Primary School, Tyne and Wear			
School information	Location: Urban major conurbation	Age: 3-11	Gender: Mixed	Pupils:231
Aim	Building a ‘Path the Wellbeing’			
Description of activity	<p>The school were wanting to increase the daily pupil activity for every child following some action research which evidenced that the children were not exercising sufficiently to raise their heartrate despite having a strong commitment to PE in school.</p> <p>Staff recognised the role education plays in establishing good life choices and wanted to develop the schools’ expectations and vision to support children leading a healthier lifestyle.</p> <p>The school identified the need for a track that could be used all year round in all weathers. A bid was submitted to the local Tesco store and was successful in winning the first prize of £12,000.</p> <p>The path was installed by a contractor working at the nearby St Peter’s church in Sunderland who completed the work by adding an extra £5,000 to the installation.</p> <p>The opening of the path – ‘The Path to wellbeing’ as it is known, took place with a ribbon cutting ceremony led by a governor and local councillor with invited dignitaries also present. Parents took part in an inaugural walk along the path to celebrate the event.</p>			

<p>Outcomes</p>	<p>The difference has been huge. It has changed the thinking and expectations of children, parents and staff that daily exercise is not optional but in fact an entitlement.</p> <p>The children are out in all weathers because the path laps are as much a part of the school day as literacy and maths. That vision is accepted by staff and parents who understand the bigger picture of why the school do this.</p> <p>Children have become fitter. There are a growing number of children who can run for longer without stopping and who enjoy running and are competing at the local harriers club.</p> <p>Staff also believe that the daily running enables children to remain better focussed with their studies following a short break to run.</p>
<p>Testimonial</p>	<p style="text-align: center;">“There are always obstacles to any new initiative. However, if you believe that physical health, fitness and mental wellbeing are every bit as important as literacy and numeracy it is very easy to justify taking 10 minutes out of the school day. Go for it!”</p> <p style="text-align: right;">Headteacher, Dame Dorothy Primary School</p>
<p>References and contacts</p>	<p>Iain Williamson, Headteacher iain.williamson@damedorothy.org.uk</p>

<p>Institution Type + Title</p>	<p>Primary school: Stone Bay School, Kent</p>			
<p>School information</p>	<p>Location: Urban city and town</p>	<p>Age: 5-19</p>	<p>Gender: Mixed</p>	<p>Pupils: 57</p>
<p>Aim</p>	<p>Promoting mental health and wellbeing</p>			
<p>Description of activity</p>	<p>The school wanted to do something to mark Children’s Mental Health Week and saw The Daily Mile listed as a free initiative on the Place2Be website so thought they would try it.</p> <p>As a special school many pupils travel in by taxi and/or are residential, so The Daily Mile was completed in the mornings to help create a clear division between home and school life for the residential pupils, and to create a mental break for those who have had long taxi journeys. Starting the day with The Daily Mile means they have the opportunity to reset before going in and so can start the school day refreshed and readier to engage.</p> <p>The benefit of delivering The Daily Mile as a whole school activity is that pupils are able to socialise with staff and pupils from other classes. This probably wouldn’t happen without The Daily Mile and</p>			

	it contributes to pupil wellbeing which is really important for a pupil's all-round experience of school.
Outcomes	Pupil behaviour has improved significantly. As an autism spectrum disorder specialist school, several pupils can have quite challenging behaviours, but once The Daily Mile started, it was noticeable that behaviour improved across the school. Wednesday is traditionally one of the worst days for behaviour, but within a couple of weeks there were far fewer issues to deal with. It was also surprising to see that rather than struggling to adapt, those with the most challenging behaviours actually seemed to gain the most benefits.
Testimonial	<p>"Despite having very little outdoor space, The Daily Mile is still a key part of the school day. Pupils like spending time outside and enjoy the benefits that it brings."</p> <p>Headteacher, Stonebay Primary School</p>
References and contacts	Mel Harding, Daily Mile Local Co-ordinator (Kent) Mel.Harding@kent.gov.uk

Institution Type + Title	Primary school: Swanmore C of E Primary School, Hampshire			
School information	Location: Rural town and fringe	Age: 4-11	Gender: Mixed	Pupils: 413
Aim	To increase educational progress, health and wellbeing			
Description of activity	<p>The school wanted to improve the physical activity levels of children, staff and parents. They believed this would improve attendance, focus levels, mental health and educational ability. Most of all, it would help everyone feel good. As part of a project, the school worked with the University of Essex and alongside the BBC's Inside Out documentary team to identify current issues linked to children's' fitness and decided to launch their Blaze a Trail daily running initiative.</p> <p>The school set up a couple of tracks around the grounds that the children could walk, jog or run a number of times to be equivalent to a mile. They invited parents and children in at 8.25am on a Monday, Wednesday and Friday to complete the course.</p> <p>Children and their parents put a counter into their house box when they've completed a mile and record their miles on a class chart. Children can complete their mileages at other points in the day during playtimes or if they need a runabout to get their brain fired up during an afternoon.</p>			

Outcomes	Several children were identified by staff, as they struggled during PE sessions and had been targeted to join in. The majority of those targeted have attended regularly and staff have noticed their raised productivity in the mornings.
Testimonial	<p>“Staff also targeted children that were often late for school. One family that was regularly late is now one of the greatest attenders, often in school to enjoy Blaze a Trail.”</p> <p>Teacher, Swanmore C of E Primary School</p>
References and contacts	Kelly Bailey, Project Officer Children and Young People Kelly.bailey@energisme.org

Institution Type + Title	London Borough of Camden and Islington
Aim	Adopting a borough wide approach to the promotion of The Daily Mile
Description of activity	<p>Camden and Islington public health team have been working with Islington schools over many years to support children and young people to be more active. The Daily Mile fits well into the joint approach and addresses key issues for schools: it is simple, free, quick to do, supports important school priorities, and needs relatively little space – a key consideration for inner city schools.</p> <p>The approach is based on offering schools a credible offer which is quick to set up, has no added administration, and is already in many schools locally and nationally. This began with a joint Daily Mile launch in Camden and Islington, with the founder of The Daily Mile, Elaine Wiley.</p> <p>The promotion of The Daily Mile is based on a combination of marketing it to all schools, targeting those in areas with greater needs as well as holding Daily Mile events with key local partners, including the London Marathon Trust who organise termly challenges for pupils (currently the “million miles” challenge), and Arsenal in the Community, who have organised runs around their stadium, visits by their mascot Gunnersaurus to participating schools, and match day prizes.</p> <p>The strategic approach has been based on drawing on existing relationships with schools to be able to attend meetings and</p>

	facilitate one on one conversations with key staff to ensure there are staff in every school who will advocate for this work.
Outcomes	In the past year the number of schools signed up to The Daily Mile has doubled with 28 schools now participating – more than half of Islington’s primary schools. Schools and teachers have reported back on the benefits around children’s’ fitness levels, wellbeing, concentration levels, learning and behaviour.
Testimonial	<p>“The Daily Mile themed events have helped to raise the profile of the programme and maintain interest. They have also featured in local and national articles, as well as social media.”</p> <p>Deputy Director of Public Health, Camden and Islington</p>
References and contacts	Piers Simey, Deputy Director of Public Health, Camden and Islington Piers.Simey@islington.gov.uk

Engaging parents

Institution Type + Title	Primary school: Berrymead Junior School, London			
School information	Location: Urban	Age: 7-11	Gender: Mixed	Pupils: 326
Aim	Engaging parents in physical activity using Marathon Kids			
Description of activity	<p>The school has had a real focus on parental engagement across the board and the use of Marathon Kids is one strand of that.</p> <p>As a school, Berrymead is above average in Ealing for obesity prevalence, so not only is the school supporting children to be active in providing 30 minutes of physical activity a day but it is also trying to include parents as well.</p> <p>Family running mornings were introduced before school with the hope of engaging more parents and children with health and wellbeing.</p> <p>The added benefit of a before school activity is that it would also allow children to arrive earlier for school which would help combat some of the late arrivals and kick start the children’s brains ready to learn.</p>			

	<p>A rota was used to ensure that staff were on hand to lead the run in the morning and so the parents and children could see that it's not just one member of staff but all staff who are on board. The school PTA are involved which has also helped engage parents, with chair of the PTA being a role model for other mothers.</p> <p>Certificates are handed out in whole school assemblies to keep the level of interest up for the children and maintain the profile and its importance. Parents certificates are also shared on class dojo and Twitter.</p>
Outcomes	<p>On average the school has between 40-50 children and 4-10 parents participate each week. A lot of the children use it as an opportunity to accumulate additional distance and contribute towards achieving the Marathon challenge.</p> <p>It is a real family affair with children from the infant school joining the parents and brothers and sisters. To meet demand, the school are looking to hold another session during the week and will explore holding Marathon Kids as an after-school activity.</p>
Testimonial	<p style="text-align: center;">“I welcome the initiative of the school to encourage family running. Personally, Marathon Kids has rekindled my love of running, but more importantly it has made me more conscious of my current fitness level. Morning running with my kids at the school has been an absolute pleasure and especially the kids look forward to running with their dad every Tuesday.”</p> <p style="text-align: right;">Parent, Berrymeade Junior School</p>
References and contacts	<p>Steven Cotton, Deputy Headteacher scotton@berrymeade-jun.ealing.sch.uk</p>

Institution Type + Title	Primary school: Wistaston Academy, Cheshire			
School information	Location: Urban City and town	Age: 3-11	Gender: Mixed	Pupils: 446
Aim	Engaging parents in health and wellbeing			
Description of activity	Health and wellbeing is a priority for the school, with significant investment over a number of years and is an integral part of the whole-school improvement plan.			

	<p>The school has a full time PE Specialist who is employed out of the school's core budget with the use of PE and Sport Premium funding, to focus on projects and initiatives across schools.</p> <p>A series of whole school physical activity initiatives were introduced such as active lessons, active assemblies and extra-curricular clubs (for example a Nerf Wars club, aimed at less active children) as well as an active mile initiative, "Wizz a Mile".</p> <p>Once Wizz-a-Mile was established, parents were encouraged to take part and engage by changing the school opening time from 8:40am to 8:20am so that the parents, grandparents and carers can join in to do the Wizz-a-Mile in the morning.</p>
<p>Outcomes</p>	<p>The baseline data collected revealed that there were 124 pupils across the school who did not meet the Chief Medical Officers guidelines of 60 minutes of physical activity per day, equivalent to a quarter of the children in the school.</p> <p>Over the course of Spring and Summer 2018/19 terms, the programme of initiatives mentioned above were introduced and when the school collected the data again at the end of the Summer 2018/19 term, the number of children not meeting the physical activity guidelines has gone down to just 4!</p> <p>The wider benefits in how the children behave in school, their attitude towards learning has improved, and more importantly the subject of health and wellbeing has now reached out to the community where children are encouraging parents, grandparents and carers to be more active regularly.</p>
<p>Testimonial</p>	<p style="text-align: center;">"Our aim is to encourage all our children to take part in life long physical activity. We want to encourage healthy body, healthy mind and healthy lives. Since launching the Wizz-a-Mile which the children absolutely love it, we have opened our school gate early so that parents, grandparents and cares can join in and take part in physical activity with their children".</p> <p style="text-align: right;">Teacher, Wistaston Academy</p>
<p>References and contacts</p>	<p>A video of Wizz a Mile is available here.</p> <p>Jo Adamczyk, PE Specialist admin@wistastonacademytrust.co.uk</p>

Increasing physical activity

Institution Type + Title	Primary school: Brightlingsea Primary School and Nursery, Essex			
School information	Location: Rural town and fringe	Age: 2-11	Gender: Mixed	Pupils: 741
Aim	To encourage all children to participate in physical activity each day			
Description of activity	<p>The Daily Mile had been introduced the previous year and was well received by staff and pupils, but the school was keen to track pupils' progress and promote the concept of individual competition and personal best.</p> <p>To create a positive focus, the school used whole school assemblies to motivate pupils and staff and scheduled each class to complete their runs. Daily periods of activity are used as a way to break up longer periods of the day where the children do not have a break, with each classes' movement time slotted in to when it suits them and their timetable.</p> <p>Progress is tracked using Marathon Kids' free tracker and a map of Europe was used to plot class distances. Classes are also motivated using class leader boards which highlight the Key Stage 1 and Key Stage 2 leaders. As a 3 and 4 form entry school, all classes are able to compete which helps spur some of the pupils in the older years on.</p>			
Outcomes	<p>Our more active children are running for a longer period of time and are faster than they previously were. The distance ran in the first half of 2019/2020 is 18,000 km, an increase of 7,000 km on the previous year.</p> <p>Pupils are also more focused and creative following participation.</p> <p>The recorded data is also used to help select cross country runners, as the data shows which children are able to sustain running further.</p>			
Testimonial	<p style="text-align: center;">“All children are now moving more, each day. Some of our less active children may have had days without any exercise and are now spending time each day jogging and walking.”</p> <p style="text-align: center;">PE Co-ordinator, Brightlingsea Primary School and Nursery</p>			
References and contacts	Ben Jones, PE Co-ordinator ben.jones@brightlingsea.essex.sch.uk			

Institution Type + Title	Primary school: Niton Primary School, Hampshire			
School information	Location: Rural town and fringe	Age: 5-11	Gender: Mixed	Pupils: 183
Aim	To introduce more physical activity in an enjoyable and relaxed way			
Description of activity	<p>Teachers saw The Golden Mile as a good way to improve the general health and fitness of pupils and a simple way of getting children running, skipping or jogging during the school day. It also offered a way of tracking progress which was particularly appealing to staff.</p> <p>The initiative was used during break and lunchtimes. Any staff members or pupils who were unable to take part, due to illness or injury, tallied the laps for each pupil. Each class had a list of first names in alphabetical order, which were split into columns for boys and girls to make it easier.</p> <p>The school had a notice board for the Golden Mile to display pupils' achievements. The children were competitive, not just against each other but in setting their own personal targets as well but all pupils participated as they could go at their own speed. There was no pressure on the children, so they were all happy to take part. Children would run, sprint, skip, crawl, cartwheel, sidestep or walk around.</p>			
Outcomes	The school has seen an incredible difference in the fitness levels of all pupils, even those who just jogged around slowly. Pupils' concentration and behaviour have vastly improved and physical activity has made a real difference to their learning.			
Testimonial	<p style="text-align: center;">“One pupil produced an astounding piece of work at a much higher level than he had all year after running. He also held a very engaging conversation when he was reading to a member of staff. Before, he would have just read the book and not been able to discuss it.”</p> <p style="text-align: right;">Year 4 Teacher, Niton Primary School</p>			
References and contacts	Kelly Bailey, Project Officer Children and Young People Kelly.bailey@energisme.org			

Institution Type + Title	Primary school: Samuel Pepys Community Special School, Cambridgeshire			
School information	Location: Urban City and town	Age: 3-19	Gender: Mixed	Pupils: 113
Aim	Increase physical activity levels of children with Special Educational Needs and Disabilities			
Description of activity	<p>The school started The Daily Mile in September 2018. Initial barriers were the uneven surface of the school field which limits access for pupils in wheelchairs. As a result, the school halls and playground as well as the field were used. There was also an initial concern from some staff about fitting it into the curriculum, but their enthusiasm increased significantly after witnessing the impact of The Daily Mile on the pupils.</p> <p>The school also found it useful to made links between The Daily Mile and the curriculum, for example, it was used to help understand: number, tallies and distances in maths, health and the effects of exercise on the body as well as facilitate discussions around diet.</p>			
Outcomes	<p>At least 35 pupils participate on a regular basis and The Daily Mile has a positive impact on pupils' mental health and wellbeing. Pupil's fitness levels have increased and some of the pupils have said they feel happier after doing The Daily Mile.</p> <p>In addition, some pupils have demonstrated improved interaction skills when running with familiar and sometimes less familiar peers and staff. The pupils also come back to the classroom calmer, more focussed and ready to engage in learning.</p> <p>The school values pupil voice, and results of a recent pupil survey showed that The Daily Mile came out as the most favoured physical activity across Key Stage 2.</p> <p>One Year 5 pupil has increased his fitness from only managing 10 yards before stopping to now running a whole lap without stopping and one Year 3 pupil now recognises when he needs to go for a run to manage his own behaviour.</p>			
Testimonial	<p style="text-align: center;">“It's great to be out of the classroom, it's different and exciting for the children. Don't be afraid to build it into your timetable and try and keep it fun!”</p> <p style="text-align: right;">PFAE Class Teacher, Samuel Pepys School</p>			
References and contacts	<p>Sharon Griffin, PFAE Class Teacher https://samuelpepysschool.co.uk/</p>			

Institution Type + Title	Primary school: St Vincent's School for Sensory Impairment and Other Needs, Lancashire			
School information	Location: Urban major conurbation	Age: 4-19	Gender: Mixed	Pupils: 34
Aim	To increase physical activity levels of children with a visual impairment			
Description of activity	<p>Many children and young people with a visual impairment fall well below the recommended levels of physical activity. The school have always been mindful of promoting wider opportunities for pupils to be active and in doing so run various project-based learning initiatives, one of which is The Daily Mile. Pupils' engage in the 15 minutes of self-paced activity daily using the school's extensive grounds (both indoors and outdoors).</p> <p>Alongside the full National Curriculum simultaneous 'Enrichment' strategies, that nurture and highlight individual strengths and aspirations, are used. The Daily Mile fits into this 'Enriched' curriculum with a variety of topic-based and cross curricular themes such as the seasons, weather and mini beasts. It also supports the schools' extracurricular activities, such as outdoor learning and the Duke of Edinburgh award. Taking part in The Daily Mile within the school grounds allow the pupils to explore the outdoor learning environment whilst keeping safe.</p>			
Outcomes	<p>Pupils view The Daily Mile as part of their school week and are aware of the impact it has on their wellbeing and access to learning. Without the use of clear or useful residual vision, everyday tasks that we take so much for granted become a challenge for pupils with visual impairment. The introduction of The Daily Mile into the enriched curriculum gave pupils the opportunity to not only improve their individual fitness and stamina levels, but also become more settled within the classroom. Pupils are also mobilising themselves around the school much better and are calmer throughout the day.</p> <p>The Daily Mile was integrated into the charity Sightbox, which provides access to sport and education for the visually impaired in the UK and around the world. The school has collaborated with Sierra Leone and Indonesia as part of the school's International Reverse-Inclusion Project, which saw pupils and staff from the 3 schools complete Daily International Miles, developing relationships and detailing good practice through the medium of physical activity.</p>			
Testimonial	<p>"Some pupils struggle to sit in a classroom for long periods of time and can lose focus easily. This can lead to a deterioration in behaviour which can have an impact on their learning and cause disruption to</p>			

	<p>others. The Daily Mile can provide pupils with an opportunity to get out in the fresh air, let off steam.”</p> <p>Teacher, St Vincent’s School for Sensory Impairment and Other Needs</p>
References and contacts	<p>Mr Lee Green, Teacher leeg@stvin.com</p>

Institution Type + Title	Leicestershire and Rutland Sport: Daily Boost
Aim	Creating a localised active mile initiative
Description of activity	<p>As part of Leicestershire, Leicester and Rutland’s Active Schools approach to help more children and young people meet the Chief Medical Officer’s guidelines of 60 minutes activity a day, Leicestershire and Rutland Sport (LRS) and partners set out to create a localised version of The Daily Mile programme.</p> <p>To achieve this, the LRS team visited 7 primary schools and talked to over 250 pupils across the county to ask for their ideas on how the programme should be developed and designed.</p> <p>The pupils were informed that the aim of the programme was to encourage young people to do 15 minutes of organised activity at school every day. This could be a walk, jog, run or skip, hop, jump or simply a favourite sport or activity. Taking this into consideration, pupils were asked to provide feedback and suggestions on the reward incentive and brand design elements such as a name, logo and colour scheme.</p> <p>This information was gathered through a series of activities that included sharing their suggestions, peer-rating and group feedback, allowing everyone to contribute their ideas.</p>
Outcomes	<p>Findings from all 7 schools were collated, and a themed analysis was undertaken to see which suggestions were the most popular. These findings provided the team with an understanding of what young people wanted, ensuring this was embedded into the new programme design and branding.</p> <p>Schools are free to choose when and how to offer the activity in a way which works for them (for example before school, lunchtime, as an active lesson or after school), examples include: completing an active mile, multisport activities, games, dancing, skipping or anything else. The programme is supported by a variety of resources, including an online activity tracker to help schools log the</p>

	<p>number of 'Daily Boosts' and active minutes accumulated. Pupils are eligible to receive rewards and a certificate of participation.</p> <p>Since the launch in 2018 there have been 116 schools who have registered on the website as participating, and regular officer engagement with schools, staff, pupils, young leaders and School Games organisers.</p> <p>LRS are continuing to develop the programme to meet the needs of the schools and their pupils.</p>
Testimonial	<p>"We have seen better behaviour for learning in class, increased understanding of social and wellbeing issues, and improve resilience in our pupils. PA benefits have paid off with attainment in school"</p> <p>Headteacher, Ab Kettleby Primary School</p>
References and contacts	<p>For more information on The Daily Boost see https://www.lrsactiveschools.org/daily-boost/</p> <p>Anita Bird, Assistant Sports Development Officer A.Bird@lrsport.org</p>

Inclusivity

Institution Type + Title	Primary school: Morgans Primary School and Nursery, Hertfordshire			
School information	Location: Urban city and town	Age: 3-11	Gender: Mixed	Pupils: 446
Aim	To embed The Daily Mile across the school			
Description of activity	<p>Morgans Primary School in Hertford wanted to embed The Daily Mile activity and make it a regular activity for all pupils rather than just specific year groups. Initially there was some uncertainty from staff as they were concerned that there would not be enough time to include this in a daily timetable.</p> <p>After working with the local Daily Mile Coordinator and gaining funding for a running track, the interest in The Daily Mile increased and the teacher now does The Daily Mile when they feel their class need it.</p> <p>At the beginning of the school year it was timetabled in for Year 5 and Year 6 pupils to ensure that they did go out. This also gave</p>			

	teachers the confidence to allow them to go. The biggest battle was getting teachers on board to find the time in the day for the children to run, particularly in the older year groups, but now they are confident and are seeing the benefits.
Outcomes	<p>Happiness, improved concentration and focus in class, improved self-esteem has all been noted as a result of regular engagement with The Daily Mile.</p> <p>Parents have commented on how much fitter their children have become, and the pupils have developed a love for running as its inclusive.</p> <p>Staff have also reported children sharing things with them during The Daily Mile activity that they would not normally say in class, so it is giving them confidence to build relationships and develop trust with others.</p>
Testimonial	<p style="text-align: center;">“Build up the run time gradually as often a mile seems daunting for children, but by practicing over a term and increasing the time spent running they will be able to notice their own progress, making it more of a personal challenge.”</p> <p style="text-align: right;">Teacher, Morgans Primary School and Nursery</p>
References and contacts	Alex Varran, Project Officer Herts Sports Partnership a.varran2@herts.ac.uk

Suitability of the school environment

Institution Type + Title	Primary school: Prae Wood Primary School, Hertfordshire			
School information	Location: Urban city and town	Age: 3-11	Gender: Mixed	Pupils: 406
Aim	To install a Daily Mile track			
Description of activity	<p>Prae Wood Primary School in St Albans had wanted to start The Daily Mile for about a year but felt it wouldn't be a year-round activity without a dedicated running track.</p> <p>The school already had a pathway around part of the school field but needed to use the perimeter of the school field to create a full lap. There were concerns around how muddy the area of the field</p>			

	<p>without a path might get, which is why participation with The Daily Mile initiative was delayed.</p> <p>The school did not have any of their own funding to use, especially as the School Association had already committed to investing in a project for playground equipment. The opportunity to apply for funding was the only option to extend the path around the field.</p> <p>An application was put together for the Hertfordshire Healthy Pupils Capital Fund with the support of the Hertfordshire Daily Mile Coordinator. Once the school heard they had been successful, they worked with a local supplier, and since the start of the Autumn 2019 term pupils from Year 1 to Year 6 participate in The Daily Mile 3 times a week, usually on their non-PE days.</p>
<p>Outcomes</p>	<p>The Daily Mile has proved popular amongst both staff and pupils at Prae Wood. Teachers often use it as an opportunity to refocus the class and notice that concentration levels improved following the 15-minute movement break.</p> <p>The Daily Mile also provides a rare opportunity in a busy timetable for staff to chat with pupils, with some staff reporting that it gives pupils the chance to 'get things off their chest' or share how they are feeling, when they might not be willing to do so in a classroom environment, as conversations whilst walking/jogging do not take place face to face.</p> <p>Pupils benefit in various ways depending on their own individual motivations – some see it as an opportunity to run continuously to improve their fitness whilst others enjoy it as a social opportunity.</p> <p>The school has also signposted pupils to the local Junior Parkrun, which happens in the park opposite the school, and have seen 93 pupils (so far) attend since The Daily Mile became a regular activity at the school.</p>
<p>Testimonial</p>	<p style="text-align: center;">“For one of the Year 4 pupils, The Daily Mile has been a welcome addition to the timetable. As a child who finds PE rules and integration difficult, The Daily Mile allows him time to be part of the class and take part in a PE activity successfully and without reminders or requests to change what he is doing.”</p> <p style="text-align: right;">Teacher, Prae Wood Primary School</p>
<p>References and contacts</p>	<p>Alex Varran, Project Officer Herts Sports Partnership a.varran2@herts.ac.uk</p>

Institution Type + Title	Primary School: Selsted Church of England Primary School, Kent			
School information	Location: Rural	Age: 4-11	Gender: Mixed	Pupils: 105
Aim	Implementing The Daily Mile in a small space			
Description of activity	<p>As a small rural school, facilities are not ideal to implement The Daily Mile. To start with it was trialled on the playground where there are approximately 80 children at one time on the equivalent size of not much more than a netball court.</p> <p>Pupils run around the outside of the playground using 2 old football goals, a bench and a cone as markers to show the corners of the running track.</p> <p>The school began with a slightly different route that had double the distance but found that areas can get congested and there were often more injuries, so The Daily Mile was kept contained to a smaller area which worked better.</p> <p>The Daily Mile doesn't have to be run by all pupils at the same time so if problematic it is arranged in shifts with Key Stage 1 and Key Stage 2 running at separate times of the day.</p>			
Outcomes	One of the biggest improvements has been in pupils' concentration levels once they return to the classroom. Children are able to concentrate for longer periods of time and fidget less.			
Testimonial	<p style="text-align: center;">"Staff use the opportunity to join in with The Daily Mile and look after their own wellbeing too!"</p> <p style="text-align: center;">Headteacher, Selsted Church of England Primary School</p>			
References and contacts	Mel Harding, Daily Mile Local Co-ordinator (Kent) Mel.Harding@kent.gov.uk			

Use of the PE and Sport Premium

Institution Type + Title	Active Cumbria: 100 Mile Challenge
Aim	To help schools maximise the PE and Sport Premium funding and increase levels of physical activity across the school
Description of activity	<p>Active Cumbria, the Active Partnership for Cumbria, have been rolling out their own version of an Active Mile for the last 4 years. In partnership with New Balance, who have a factory in west Cumbria, the '100 Mile Challenge' was designed to support schools in a cost-effective way, to encourage all of their pupils to be more physically active. The programme is flexible and can be delivered by schools on their own terms and can fit around their curriculum.</p> <p>A pilot phase, focussing on a small number of schools in deprived areas of West Cumbria was initiated to develop the concept of the programme. After which, a detailed evaluation was undertaken, which led to the development of the programme and the resources as seen today.</p> <p>The programme was and continues to be promoted widely across schools networks in Cumbria, which has resulted in over 180 sign-ups since the programme started, with a number of schools taking part in the programme for multiple years.</p> <p>The programme is reviewed regularly and amended following consultation with schools. Recent additions have seen the introduction of '100 mile medals' for those pupils completing the 100 miles of the challenge. These compliment the certificates which are already part of the programme.</p> <p>Active Cumbria are currently working to refine the programme further, aiming it at an early years audience, with a working title of the '50 Mile Challenge'. This approach will complement the delivery of a larger physical activity programme into early years settings over the coming 3 year period and has also been identified as a key physical activity programme in Cumbria for early years settings to demonstrate their commitment to achieving Cumbria County Council's 'Healthy Family' Pledge.</p>
Outcomes	During the 2016-17 Academic year, the programme was evaluated through the University of Cumbria, which looked at the behaviours of over 2,000 children, in terms of their activity levels, before, and after being part of the programme. This evaluation also included more in depth discussions with teachers at 7 local primary schools on a number of elements including:

	<ul style="list-style-type: none"> • improved concentration and academic performance • self-confidence • improved health awareness <p>The evaluation pointed towards significant positive outcomes for the participating children. The programme was also highlighted in a report produced by the National Children’s Bureau as an effective way of working in partnership to reduce childhood obesity.</p>
<p>Testimonial</p>	<p style="text-align: center;">“The fact that they get certificates you could really see their chest puff out and they were getting visibly more confident. Its normally the big children particularly that feel really self-conscious, they are now just more self-confident.”</p> <p style="text-align: right;">Teacher, Silloth Primary School</p>
<p>References and contacts</p>	<p>Jackie Hayhow, Project Officer, Active Cumbria Jackie.Hayhow@cumbria.gov.uk</p>

Additional resources

Practical strategies and specific guidance to support the delivery of active mile initiatives before, during and as the initiative progresses are provided in [Active mile briefing: implementation guide](#).

Whilst it is recognised that there are many other local variations of active mile initiatives, support for their implementation is available from active mile providers which operate at a national level. The following list is not exhaustive and is intended to serve as a quick reference point.

School-based active mile providers

Golden Mile

The Golden Mile is a safe, simple and measurable health and physical activity initiative accessible to all age groups regardless of ability. Find out more at www.premier-education.com/golden-mile

Marathon Kids

Marathon Kids is a free programme which gives primary school children the opportunity to run or walk multiple marathons over the school year. Find out more at www.kidsrunfree.co.uk/mk

The Daily Mile

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier and more able to concentrate in the classroom. Find out more at www.thedailymile.co.uk

School-based active mile events

Go Run for Fun

GO Run For Fun is an international children's health and fitness campaign, designed to inspire children to be more active through fun, short distance running events and a pupil-led educational programme. Find out more at www.gorunforfun.com

Race for Life schools

Opportunity for schools to receive resources and support to host their own Race for Life event based on a distance (or multiple distances) of the schools' choosing. Find out more at www.raceforlife.cancerresearchuk.org/schools