

# Seghill First School

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**T Together**  
**E Everyone**  
**A Achieves**  
**M More**



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You may have heard about **The Daily Mile** in the media. It is an initiative that is in place in thousands of schools across the country following its inception by Elaine Wyllie, former Headteacher of St Ninian's Primary School in Stirling, Scotland.



The purpose of The Daily Mile is to improve children's fitness and readiness for learning. We are going to be introducing this new initiative on Monday. Please read on to find out more about The Daily Mile.

## What is The Daily Mile?

The children jog or run with their classmates in the safety of their school environment. Everyone has fun taking part – it is not PE nor is it competitive – while building relationships, confidence and resilience. This can be summed up in our 'Five F's':

- Fitness- children become more aware of a healthy lifestyle;
- Fresh air- children thrive on the sights, sounds and seasons;
- Friends- children use the language of friendship to support each other, improving their social and leadership skills;
- Fun- children enjoy taking part – this is what makes The Daily Mile so successful;
- Focus- daily physical activity helps children concentrate in the classroom and is proven to raise attainment.

## When will The Daily Mile take place?

Children will take part in The Daily Mile during morning breaktime.

## Who will do The Daily Mile?

Children in Yellow, Green, Red and Blue class will take part in The Daily Mile.

All children will take part in The Daily Mile unless they are medically unfit to do so.

Children in key stage 2 who are monitors will miss The Daily Mile for the week that they are carrying out their monitor role (office monitors, PAs etc).

Staff on duty will walk the route of The Daily Mile with the children.

## What if it is raining?

Children and staff will take part in The Daily Mile if it is reasonable to go outside.

The Daily Mile can be done at another time during the day if possible if children do not go outside at breaktime because it is too wet or conditions are dangerous.

## What should the children wear?

Children should take part in The Daily Mile wearing their school uniform and school shoes. Children should not change in to PE kit or trainers.

**Where do the children run?**

A track for The Daily Mile will be established on the top and bottom yard. All children must stick to the track.

A risk assessment of both the top and bottom yard has been completed and the tracks have been agreed in line with the outcomes of the risk assessments.

**How do we record how far the children have run?**

There is no need for recording how many laps each child has done.

Research shows that for the average child aged between 5 and 8, 25% will run less than a mile, 50% will run a mile and 25% will run more than a mile in 15 minutes.

We will complete a data collection survey once every four weeks to see how far a sample group of children are running, but data does not need to be collected on a daily basis.

**What happens if a child does not like running?**

All children should be encouraged to run or jog their way around the agreed track.

This is not an optional activity.

Children have completed an attitudinal survey this week before The Daily Mile is introduced and then again after 4 weeks to monitor the impact of The Daily Mile.

**What happens if a child is injured?**

Staff will follow our usual procedures for first aid if a child is injured.

**What happened if a child thinks that they are not very good at running?**

The Daily Mile is not a race.

There is no reward for children who run faster or further.

Children should be encouraged to run or jog and build up their fitness and resilience.

Children should aim to achieve their own personal best, not to compete with their peers.

**The Daily Mile- the rules**

Everyone does it.

The staff on duty do it.

Everyone sticks to the track.

It is not a race.

Only overtake if it is safe to do so.

Wear your school uniform and school shoes.

We have talked to the children about The Daily Mile in whole school assembly and we will show the children the track at some point today. We will be looking to get some media coverage when this initiative gets going. Please do not hesitate to contact me if you require any further information.

Yours sincerely

Miss Chappell  
Headteacher