



# 10 core principles

Your steps to Daily Mile success



## QUICK

It takes just 15 minutes with no time spent changing, setting up or tidying up. Transitions between class and route should be slick.



## FUN

The Daily Mile is physical activity in a social setting and must be fun for the children. They can chat to their friends as they run along enjoying the experience together.



## 100%

It's always fully inclusive – every child, every day. They should all be out together in the fresh air. Children with mobility difficulties should be supported to take part.



## WEATHER

Treat the weather as a benefit, not a barrier. Children enjoy being outside in different types of weather, connecting with nature and being aware of the seasons.



## ROUTE

Ideally, your Daily Mile route should have a firm and mud-free surface – most schools use the playground or an existing path. Incorporating child-pleasing loops and squiggles works well.



## RISK

Risk assess the route in order to ensure that The Daily Mile is a safe activity. Please see a sample risk assessment on our website.



## WHEN TO GO

The Daily Mile should happen during curricular time, at least three times a week. Ideally, the class teacher should decide when to go out – they know their class and can respond flexibly to their needs.



## CLOTHES

The children run in their school clothes without changing into kit; jackets on if it's cold or damp and sweatshirts off if it's warm.



## OWN PACE

The children go at their own pace. Done properly, it's not a walk – able-bodied children should aim to run or jog for the full 15 minutes with only occasional stops to catch their breath, if necessary.



## SIMPLE

Keep it simple. Resist the temptation to overcomplicate it. It should always be social and fun. From time to time, you may wish to connect it to the curriculum or do something seasonal, for example, running Laps to Lapland.

