

FAQs



Active Gloucestershire

What is The Daily Mile and how did it begin?

The aim of The Daily Mile is simple - to improve children's health and wellbeing by walking, jogging or running with their friends, outside in the fresh air, for 15 minutes each day in school. Elaine Wyllie, the head teacher from St Ninian's School in Stirling founded The Daily Mile to improve the physical, mental and social health and wellbeing of children in her school. Teachers take their classes out at a time of their choosing and it only takes 15 minutes. It's simple - the pupils don't get changed, it gets them out of their seats and gives them an opportunity to go outside and socialise within their school community. www.thedailymile.co.uk

Why Old Spot?

Old Spot is our School Games Mascot and we thought it would be fun to use him as our mascot for The Daily Mile. As you may know, The Gloucestershire Old Spot is a breed of pig which is predominantly white with black spots. Some years ago we ran a competition amongst schools to create a mascot for our School Games programme and the winning entry was a design of an Old Spot Pig, which has now become our school games mascot. So for The Daily Mile initiative we are inviting school children to walk/run with 'Old Spot' around Europe.

What are the benefits to our school?

The Daily Mile has numerous benefits to pupils, whether they run, walk or jog. Its impact can be transformational - improving not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing. Recent evidence even suggests that doing a Daily Mile even improves attainment. View [here](#).

Are any schools in Gloucestershire already participating in The Daily Mile?

Yes, there are a number of schools already running The Daily Mile in the county. These include Churchdown School (Gloucester), Soudley (Forest), Yorkley (Forest), Horsley (Cotswold) to name a few! Watch the video [here](#) to see how it has benefited Churchdown School.

Who can take part in the Old Spot European Trot?

Students and teachers from any primary school in Gloucestershire are invited to take part in the challenge, regardless of age or ability.

How do schools fit The Daily Mile into their school day?

There are numerous different approaches to The Daily Mile. Some schools like to timetable it into the school day, so that all teachers and students know when it will be taking place. Other schools leave it up to individual teachers to determine when there is a drop in energy during the day, and to use it as an effective way to re-energise the pupils. You are able to tailor the approach to your school! The Daily Mile Foundation recommends that you empower class teachers and teaching assistants to choose when to do The Daily Mile in school - they know their classes best and can respond to the children's energy and concentration levels throughout the day.

Won't it tire them out and stop them doing their school work?

Quite the opposite! There is a proven link between daily physical activity and raised attainment rates. We've found that once established as routine, children come back in rosy-cheeked and ready to focus.

What do we need to do?

To participate in this challenge you will need to:

1. Measure a looped, child-pleasing route in your school grounds, preferably so that 5-10 laps equals a mile in distance. We will also send you an easy to use spreadsheet which will allow you to record the number of miles walked or run each day
2. Complete a simple Risk Assessment of the route - download a free example RA [here](#).
3. Measure the miles covered by your students and teachers (see FAQ below)
4. Optional: Appoint and train year 5 students and agree a process for them to input the distance covered each day. There is the option of using our [template spreadsheet](#).
5. All schools who have signed up to the challenge will be emailed a map of the route and downloadable image of 'Old Spot' during the spring term. You simply need to print out the map and image of Old Spot and then move Old Spot along the route as you run/walk/complete the required distance.
6. Communicate to parents about the Challenge. There is a template letter included on our [website](#).



When does it take place?

This challenge will be run for 12 weeks and will commence 24th April 2017 to Friday 21st July 2017.

How do we measure how far we have run?

Calculate how many laps of your route make up a mile in distance (ideally between 5-10 laps to a mile). We have included a simple spreadsheet on our website that you can [download](#) and use to track the miles.

How far do we have to collectively run/walk?

There are two different European routes

Route 1 for small schools (150 students or less)

Route 2 for large schools (151 students or more)

This distance should be more than achievable for most schools, based on all students running a mile a day every day for 12 weeks -

For "small schools" of 150 students or less, you need to run 3,300 miles.

For example a school of 80 students x5 days a week x 12 weeks = 4,800 miles

For large schools of 151 or more students, you need to run 7,100 miles.

For example a school of 180 students x 7 years x 5 days a week = 10,800 miles

If you are a very small school, 3,300 miles may not be achievable. Please contact:

tomhall@activegloucestershire.org to discuss your requirements further, as we do not want school size to be a barrier to participation.

Can we run further than the required route?

Yes! If you are a very large school or are have very active students, please do encourage students to take Old Spot to alternative places in Europe - and beyond! There is a prize for the school that completes the most miles per student.

Do pupils have to complete one mile a day?

Ideally, each student will complete a mile a day, although the Old Spot European Trot is completely flexible to fit with the needs of your school. Some schools may stagger the challenge so that the youngest students run for a shorter time and / or a shorter distance.

Does every student need to take part?

Experiences from other schools show that it is possible for students from any year group to walk or run a daily mile, although it is up to each school to determine how best to set up the challenge. Every child should be encouraged to take part in The Daily Mile. The Daily Mile initiative has been successfully implemented for children with additional support needs - it's 100% inclusive, and every child succeeds.

Do we need to get changed into PE kit for The Daily Mile?

There's no need to waste time by changing into PE kit! Simply put your pencils down and go. Pupils happily run / walk in their school uniform with sensible school shoes (or some schools choose to incorporate trainers as part of the school uniform). Students often run around during lunchtime without getting changed and so they are used to it!

How much does it cost?

The Daily Mile, and Old Spot's European Trot are free for all primary schools to implement.

Can teachers join in?

Yes, please! We have found that students really enjoy seeing their teachers taking part - and it also gives staff the opportunity to have a break from the classroom. Participating schools have also commented that it is an excellent way for staff to have conversations with children that they may not have within the more formal classroom environment.

(There is also a prize for the teacher that completes the most miles over the 12 weeks!)



What is the feedback from schools who are already participating in The Daily Mile?

Feedback from participating schools has been extremely positive.

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“We do it as a spontaneous event – when the teacher feels there is a natural break to be had. We do it for 15 minutes, which includes the time taken to leave the classroom and be back at their desks working. Children certainly build up their stamina. We noticed they are calmer in class. They expect The Daily Mile to happen and will ask us why not if we miss a day!”

Saron Hetenyi, Head teacher
Soudley Primary School

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“The Daily Mile has very quickly become an important part of our school day. After just a couple of months, we are seeing a positive impact on physical and mental wellbeing and attitudes to learning. There are a lot of smiles around the track and a great sense of achievement for children and staff”

Cottia Howard, Head Teacher
Upton St. Leonards C of E Primary School

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“I remember in staff meetings quite early on, talking to a member of staff who was a bit apprehensive about missing time from the curriculum. But when I questioned her towards the end of the year, she said there is no way she would go back to not doing it. She has seen such a positive impact on her class - both in fitness, resilience and attitude to work. For us, its here to stay”

Mark Bacon, Head Teacher
Churchdown Village Junior School

What do parents think of The Daily Mile?

It is important to communicate clearly to parents about The Daily Mile campaign. You can reassure them that 15 minutes of activity a day has been proven to make the children more productive and alert in lessons, as well as having significant wider health benefits. Active Gloucestershire will assist you by providing a template letter, which can be found on our website [here](#).

What is the long term aim? Is it sustainable?

The aim is that by using a fun, free and rewarding campaign like Old Spot's European Trot, schools encourage their pupils to participate in regular exercise on a daily basis. Schools already participating in The Daily Mile have all commented about how quickly and easily the daily 15 minutes becomes a really beneficial part of the school day.

How do schools sign up?

Simply click [here](#).

How do we submit our results?

Once you have signed up to the campaign we will send you further details about how to record and submit your school results.

We are already doing The Daily Mile. Can we still sign up to the campaign?

Yes! You can even pin your school on The Daily Mile's participation map, and join their growing international community of Daily Mile schools [here](#).

Does The Daily Mile help improve attainment?

The first published scientific study on the impact of The Daily Mile, conducted in the London Borough of Waltham Forest, has shown running The Daily Mile to have a dramatic impact on SATs results against predicted grades. The Daily Mile creator Elaine Wyllie, a former head-teacher, said: 'It is early days and this is only one set of statistics but it is very, very encouraging.'

Further details can be found [here](#).

Is The Daily Mile inclusive enough?

In recent cases, The Daily Mile has been implemented for children with additional support needs with great success. It is also important to think about The Daily Mile from the point of view of your least active students. The Daily Mile is non-competitive – no-one is first or last. It is very important that all children, whilst encouraged to do their best, are made to feel like they have succeeded, regardless of age or personal circumstance.

Can our school start The Daily Mile without taking part in the “Old Spot European Trot” challenge?

Yes of course! Schools can participate in The Daily Mile in whatever way suits them best.

