# THE DAILY MILE COBOURG PRIMARY SCHOOL

Have you ever heard an idea and thought....
I wish I'd thought of that?

#### Who we are

• Cobourg Primary School is an Inner City community in South London, next to Burgess Park.

A small concrete playground.

- Daily Mile trial of 2 months.
- PTA and Active Travel Grant for a track.



#### What is The Daily Mile

 The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes.

# That's it!

### **Core Principles**

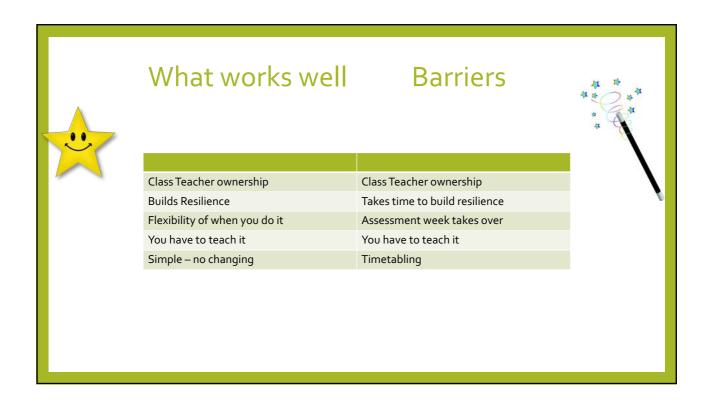
- QUICK takes just 15 minutes
- FUN done in a social setting
- 100% fully inclusive, including children with mobility difficulties
- WEATHER a benefit, not a barrier
- ROUTE use a firm and mud-free surface
- RISK assess the route to ensure safety
- WHEN TO GO during curricular time, at least three times a week
- CLOTHES run in school clothes
- $\bullet\,$  OWN PACE children run or jog at their own pace, walking  $\,$  intermittently to catch their breath
- SIMPLE keep it simple



# Why we do The Daily Mile

- Free no CPD
- Inclusive
- Positive impact on children's overall fitness levels.





## What the Children say...

- "I like going round with my partner"
- "We do it to get a strong heart"
- "It helps you get energy"
- "I like jogging"
- "I like the Daily Mile because it feels like going through a forest"
- "I love getting healthy"
- "I ran 10 times round"
- "It keeps us fit"

# What the Teachers say

- "Sometimes we don't fit it in, but we're trying"
- "The children that found it hard to begin with are starting to see an improvement and enjoy it"
- "Some children struggle to keep going"
- "I love the Daily Mile!"

## What the Parents say

#### What we'll do next

- Banner
- Add some fun to our track Hopscotch/Hoola Hoops
- Promote via our newsletter / twitter
- Recap in assemblies/classroom discussion/ circle time
- Keep it going.. Nudge
- Keep going back to the Why..... Improve Fitness

#### More Info

- Go to The Daily Mile www.thedailymile.co.uk
- Any questions?