

# 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
- 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 works well

## Barriers



Class Teacher ownership	Class Teacher ownership
Builds Resilience	Takes time to build resilience
Flexibility of when you do it	Assessment week takes over
You have to teach it	You have to teach it
Simple – no changing	Timetabling

## 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](http://www.thedailymile.co.uk)
  
- Any questions?