

Supporting a Daily Mile in Schools - physical activity options for Southwark Schools

Physical activity, health & wellbeing and weight management

Option	Description	Provider/Supplier	Cost/£
Daily Mile	Encourages children to run, walk or jog for 15 minutes every day in their school at a time of the teacher's choosing - promoting social, emotional and mental health and wellbeing, as well as fitness.	The Daily Mile foundation: https://thedailymile.co.uk/ Amy.murtagh@southwark.gov.uk	Free
Fitt In	Fitt-in provides an online solution to help reduce pupil sedentary time, without the need to leave the classroom. On screen graphics, music and choreographed routines, immediately engage pupils. With videos regularly added to the play list, this is a tool that schools can use for years. Weekly reports highlight levels of activity and evidence impact. Schools purchase an annual Fitt-in license and teachers use their school email address to access videos.	Fitt In Amy.murtagh@southwark.gov.uk	£8 per pupil for 12 months - for a 1 form entry primary school this works out to £1,440 5% discount to annual license fee for Beat The Street Schools
Marathon Kids	Marathon Kids is an exciting programme giving primary school children the opportunity to run or walk up to four marathons throughout the school year. The programme encourages children of any fitness ability to set and reach personal goals. It's a fully sustainable school running programme supported with evidence based tools and a digital tracking system. We are proud to have the support of global Marathon Kids Ambassador, Sir Mo Farah, inspiring the next generation to get moving.	Kids Run Free	FREE with purchasable options, one of which is a Marathon Maker visit £350 to support implementation with a full interactive day of fun
Golden Mile	The Golden Mile is a safe, simple and measurable health and physical activity initiative accessible to all age groups regardless of ability. Every pupil can get involved by walking, jogging or running around their Golden Mile track within the safety of the school grounds. The Golden Mile is all about encouraging everyone to lead a healthy and active lifestyle, not about who is the sportiest or crosses the finish line first. It's engaging, rewarding and thoroughly heart-warming to see disengaged children excelling through sheer determination and self motivation, as is often the case.	Premier Education https://www.premier-education.com/golden-mile	Free
Mini Mermaids:	Mini Mermaid Running Club UK offer 'schools ready-to-activate' programmes for girls, ages 7-11, which combine physical activity and mindfulness to strengthen girls self-confidence, self-esteem and self-compassion. Schools receive a curriculum that includes a mix of discussions, journaling, games and workouts to help a girl discover and celebrate her own worth and value.	https://www.minimermaiduk.com/	

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Outdoor Play and Learning (OPAL)	This programme creates happier playtimes, better play spaces and enables staff to support outdoor learning. OPAL supports primary schools to dramatically improve the quality of day-to-day play times, with a consequent beneficial impact on learning, personal development physical activity/literacy and behaviour.	Outdoor Play and Learning	Contact: Neil Coleman on 07714 417191 or neil@outdoorplayandlearning.org.uk
Southwark Adventure Playgrounds	Southwark's adventure playgrounds are supervised by experienced and trained staff with facilities that cater primarily for children and young people of school age and ability. With a strong emphasis on free play, children and young people are encouraged	http://www.southwark.gov.uk/parks-and-open-spaces/adventure-playgrounds	Free open access

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	to develop their ideas and choose their own activities. All playgrounds are free to use, registered and inspected annually. Locations across the borough.		
Free Gym Free Swim	All Southwark residents receive free gym and free swim sessions - All day on Fridays and from 2pm till close on Saturday and Sunday.	Everyone Active sports@southwark.gov.uk	Free
BMX Track London	The BMX Track London at Burgess Park SE5 would like to offer your pupils the chance to experience the thrill of a national standard BMX track. From a 1 off treat to part of your PE curriculum we can accommodate up to 15 or 30 pupils at a time from year 5 upwards. With your booking you will have use of a top of the range BMX bike and helmet and gloves for each pupil. Instruction is carried out by British Cycling Level 2 qualified coaches who will cater for all abilities. There is also free access to the track for accredited riders. For more information please contact us or visit: www.southwark.gov.uk/bmxtracklondon	Alistair.Findlay@southwark.gov.uk	BMX fees 2018-19.pdf

Planning and measuring impact

Option	Description	Provider/Supplier	Cost
Create Development Diagnostic Wheel	This tool will enable schools to: <ul style="list-style-type: none"> ○ Review their current practice around physical education, physical activity and health ○ Identify areas of strength as well as areas that require additional focus ○ Evidence progress and impact Support and training will be provided	London Sport https://www.createdevelopment.co.uk/sport-premium.	£45 per school for a 12-month license

[For further information on any of these initiatives please contact sports@southwark.gov.uk](mailto:sports@southwark.gov.uk)

Active Travel

Option	Description	Provider/Supplier	Cost
TfL STARS Programme	This TfL STARS Programme is a TfL accreditation scheme for London schools to participate in active travel. The aim is to inspire young Londoners to travel to school sustainably, actively, responsibly and safely by championing walking, scooting and cycling by writing a School Travel Plan.	https://stars.tfl.gov.uk/ Gary.Douglas@southwark.gov.uk	Free
Fix a bike	Fix a Bike is a bike maintenance scheme for 10–14 year olds who are entering the world of independent travel. The scheme aims to equip pupils with the necessary skills to re-build and fix a bike which has been donated or abandoned and use to travel to school.	highways@southwark.gov.uk	Free

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Pedestrian training	Available to all Southwark's schools throughout the year.	highways@southwark.gov.uk	Free
Cyclist training	Free cyclist training for those aged 10 year plus.	highways@southwark.gov.uk	Free
Scooter training	Ideal for Early years and Key Stage 1	highways@southwark.gov.uk	Free
Independent Travel Training Bus	Year 6 to adult with SEN, disabilities and who are vulnerable.	highways@southwark.gov.uk	Free
Road Safety for Parent/Carers	In a friendly and informal way we will explain what we offer to schools and how parents/carers can support their children. We also offer parents/carers an opportunity to experience the practical pedestrian training	highways@southwark.gov.uk	Free
Junior and Youth Travel Ambassadors	Schemes encourage peer-to-peer engagement to promote safer, active and independent travel within the school community. It's a fun and engaging way for pupils in year 5 and 6 (JTA) and year 9 (YTA) to spread important messages and build skills for life.	highways@southwark.gov.uk	Free
Sustainable Travel	Active, Responsible, Safe – STARS an accreditation scheme for schools to inspire young Londoners to travel sustainably, actively, responsibly and safely.	highways@southwark.gov.uk	Free
Walking Challenge	Taking place during January and June. Who will be Southwark's walking champion school in 2017/18?	highways@southwark.gov.uk	Free
Welly Walks	Welly Walks are aimed at Early Years/KS1 and take place in a number of Southwark's parks with fun themes and storytelling. Children walk down to their closest park where they can then listen to a story and take part in other fun activities. Like the name suggests we go out in all weather! By taking part in the Well Walks, schools can earn extra points towards becoming Southwark's Walking Champions	highways@southwark.gov.uk	Free

For further information on any of these initiatives please contact highways@southwark.gov.uk

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