



# Implementing the Daily Mile at Arundel Court Primary School....

ALEX REDMAN, TEACHER OF YEAR 3 AND DEPUTY HEAD OF PE, AND KAREN STOCKS, HEADTEACHER, SHARE ALL....

## WHY DID YOU GET INVOLVED IN THE DAILY MILE?

Our Head of PE heard the creator of Daily Mile, Elaine Wylie, talking about the initiative and the huge successes they'd seen with it at her school and thought it was something we should look at implementing at Arundel Court.

## HOW SUCCESSFUL HAS IT BEEN?

We've been doing the Daily Mile for over a year now with Key Stage 2 and are looking to roll it out to all year groups this year based on how successful it's been.

The kids love it and we've seen real improvements in fitness and confidence. Those who were only managing a few laps, or had to walk in the beginning, are now regularly doing the mile. They're all really encouraging of one another and it's

inclusive for all, with one of our pupils who's in a wheelchair being able to join in.

We ran some research with students before they started doing the Daily Mile and then again after they'd been doing it for a month. We saw:

- » Improvements in those saying they had lots of energy and felt healthier.
- » Increased enjoyment in being active.
- » Children feeling happier.
- » More children saying they have friends to play with.



## HAVE THERE BEEN ANY ISSUES WITH IMPLEMENTING IT?

With such a packed curriculum and increasing pressure on the amount that teachers need to cover, we weren't sure how well the Daily Mile would take off but we've been really pleased with how it's been embraced. Staff are given the flexibility to do it each day where it fits best. It might be breaking up a more heavy-going lesson or stopping the post lunch slump. Once you get into the habit of scheduling 10 mins for it each day it becomes part of the routine.

## SOME SCHOOLS WORRY ABOUT THINGS LIKE SPACE, WEATHER AND TIME. HOW HAVE YOU DEALT WITH THESE?

It doesn't matter if you have limited space, our kids do 7 laps of our go-kart track to make the mile. Even achieving the mile itself isn't important, it's just making sure that kids have that 10–15 minute window of physical activity each day. We haven't found weather to be an issue as you can generally find 10 minutes in a day where it isn't pouring with rain and in hot weather the kids are advised to run slower or walk and to take their water bottles with them. As they go out in their uniform it really is quick and simple, with them being away from their desks for 15 minutes at the most.



## WHAT ARE YOUR FUTURE PLANS FOR DOING THE DAILY MILE AT ARUNDEL COURT?

This year we're looking to do something more visual to help the kids see how far their activity each day is getting them overall. We're thinking of having a map on a wall and charting how far their collective miles are taking them. We also have something called Arundel Court Money, where pupils and classes earn money for doing well at certain things, which are redeemed on activities at the end of term, so we're looking at linking the Daily Mile to this too. Recently we also launched the Marvellous Me app, which enables us to update parents on their children's achievements so we'll be using this to communicate successes around the Daily Mile.

## WOULD YOU RECOMMEND THAT OTHER SCHOOLS GET INVOLVED IN THE DAILY MILE?

Absolutely. We've seen nothing but positives with it and haven't encountered any problems with setting it up here. Just give it a go and it'll become routine before you know it.

Visit [www.thedailymile.co.uk](http://www.thedailymile.co.uk)

For more information or support to start the Daily Mile in your school contact [andy.ames@portsmouthcc.gov.uk](mailto:andy.ames@portsmouthcc.gov.uk)  
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