



Plumcroft Primary School

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Dear Parents/Carers

Welcome back and Happy New Year!

We are planning to start a new initiative called 'The Daily Mile' to help improve our pupils' physical activity, emotional, social and mental well-being.

This particular scheme was started by the head teacher of a Scottish primary school in 2012. It proved to be so popular and successful that thousands of schools across the country and abroad are now taking part in this scheme. You can find out more about the history of The Daily Mile by visiting www.thedailymile.co.uk

The Daily Mile is an opportunity for children to get outside in the fresh air and walk, jog or run for 15 minutes every day. On average they will cover a mile, hence the name. Some children may run more, some less depending on their fitness levels. I'd like to take this opportunity to emphasise that there is no element of competition.

We want this to be a simple activity that can happen efficiently every day. With that in mind there is no special kit required. You may however, want to consider footwear. Sturdy, supportive shoes/trainers will be much more comfortable to run in.

The benefits of The Daily Mile go beyond simply improving children's fitness- it also has clear positive effects on the social, emotional and mental health and wellbeing of the children. Noted effects include:

- Significant improvements in fitness levels within 4 weeks
- Improvements in self-esteem and confidence, giving children better understanding of, and pride in, their bodies and their health
- Improvements in the mood of children, as well as their concentration levels and behaviour in class they come back refreshed and energised
- Improvements in children's positive perception of exercise and physical activity- which, at a formative age, may have significant implications for habits in the long term
- Increased engagement with the outdoors and the children's surroundings, improving general wellbeing
- Improvements in social relationships with both peers and teachers- The Daily Mile provides an alternative setting for engagement and allows children to have fun together in a non-competitive environment, as well as building teamwork and leadership skills
- Wider lifestyle impacts- parents report that the children eat and sleep better at home, and have more energy and drive to be active outside of school hours

Critically, The Daily Mile is fully inclusive, and children can choose to run/walk/jog without judgement, setting their own personal challenges and goals over time. Every child succeeds regardless of age, ability, or personal circumstances.

Thank you in advance for supporting your child with this.

Best Wishes

Mrs Ings
PE Coordinator