



What teachers say...

Children are a lot more settled and relaxed after their Daily Mile

Teachers take part too, they love it!

The children really enjoy it

Those who were not keen to start with are now trying to run bits of The Daily Mile™

Children's concentration levels have improved

Fitness levels have improved

What is The Daily Mile™?

The Daily Mile™ is a free and simple initiative where children can walk, jog or run for 15 minutes per day. The aim of Daily Mile is to improve the health and wellbeing of children regardless of their age or ability.

Why does The Daily Mile™ work?

- ✓ It's simple and free to implement
- ✓ Sustainable – happening all year, every year
- ✓ Takes place in a safe, risk-assessed environment
- ✓ Doesn't require any specialist training
- ✓ It only takes 15 minutes per day
- ✓ Helps improve focus, concentration and behaviour
- ✓ It can be linked to aspects of the curriculum
- ✓ It supports settings to meet the Chief Medical Officers' guidelines for physical activity

Don't forget to register with The Daily Mile™
<https://thedailymile.co.uk/school-signup>

Click the terms and conditions box to be recognised as a Northern Ireland Daily Mile setting!

We can provide resources to help you get started or just to maintain your Daily Mile!

If you are interested in participating in The Daily Mile™, please contact Clare Drummy, Physical Activity Coordinator on physical.activity@southerntrust.hscni.net

