



The Daily Mile

Policy and Procedures

1. Rationale

Our school is committed to promoting the physical, emotional, social and mental health and wellbeing of all pupils.

The Daily Mile provides pupils with a regular opportunity to be physically active outdoors during the school day. It is intended to be simple, inclusive, sociable and enjoyable, while encouraging children to develop positive attitudes towards physical activity.

The Daily Mile is a planned and supervised physical activity during curricular time. It is not an extension of playtime or lunchtime and should not be treated as an additional period of free play.

The Daily Mile complements, but does not replace, PE or other planned Health and Wellbeing learning.

2. Aims

Through the Daily Mile, we aim to:

- increase opportunities for regular physical activity
- support pupils' physical health and fitness
- promote positive mental health and wellbeing
- provide opportunities for movement and fresh air during the school day
- develop positive lifelong attitudes towards physical activity
- provide an inclusive activity in which all pupils can participate
- support pupils to return to classroom learning refreshed and ready to engage.

3. Organisation

Classes should aim to participate regularly, with approximately **15 minutes** allocated to the activity.

The class teacher should determine an appropriate time during the school day, taking account of the needs of the class, learning taking place, weather and other school activities.

The Daily Mile is not a race and there is no expectation that every pupil will complete the same distance. Pupils should participate at a pace appropriate to their individual needs and abilities.

The activity should remain simple, enjoyable and sociable. Pupils may talk to their friends as they move around the route, provided that they continue to participate appropriately and follow staff instructions.

4. The Daily Mile is Not Playtime

There should be a clear distinction between the Daily Mile and social/play times.

During playtime and lunchtime, pupils have greater freedom to choose their activities, play and socialise within the school's agreed playground arrangements.

During the Daily Mile, pupils are participating in a structured physical activity during curricular time.

Therefore:

- pupils should be walking, jogging or running
- no ball games / whole class games
- pupils should continue moving rather than gathering in groups
- the activity should not become an opportunity for free play
- playground equipment should not be used
- pupils should remain on the agreed route and within established boundaries
- normal school expectations for behaviour continue to apply
- pupils remain under the supervision and direction of school staff throughout.

The social element of the Daily Mile is encouraged. Pupils can talk and interact with one another while participating; however, socialising should take place while completing the activity rather than replacing the activity.

5. Staff Supervision

The Daily Mile takes place during the school day and pupils must therefore be appropriately and actively supervised throughout.

The class teacher retains responsibility for the supervision of their class.

Staff should:

- Take the class register in case of fire
- accompany their pupils outside
- remain outside and actively supervise for the duration of the activity
- position themselves so that pupils can be appropriately observed across the route
- maintain awareness of where pupils are
- actively scan and monitor the activity
- reinforce the agreed route and boundaries
- encourage appropriate participation
- respond promptly to incidents, concerns or pupils requiring assistance
- take account of pupils requiring additional support or closer supervision.

6. Pupil Expectations

Before taking part, pupils should understand the expectations for the Daily Mile.

Pupils should:

- follow the agreed route
- remain within designated boundaries
- keep moving around the route
- walk, jog or run
- behave appropriately towards others
- avoid pushing, chasing, deliberately obstructing or interfering with other pupils
- follow instructions given by adults
- tell an adult if they feel unwell, are injured or have a concern
- return to the agreed meeting point when instructed.

Staff should regularly reinforce these expectations, particularly where pupils begin to treat the activity as an additional playtime.

7. Inclusion

The Daily Mile should be as inclusive as possible. The emphasis is on participation and personal progress.

Appropriate adjustments should be made to support pupils with additional support, mobility or healthcare needs.

These may include:

- walking rather than running
- wheeling or using mobility equipment
- completing an adapted or shorter route
- taking rest breaks
- additional adult support
- an alternative appropriate form of physical activity.

Where a pupil has an individual healthcare plan or risk assessment, relevant guidance should be followed.

8. Clothing and Footwear

The Daily Mile is designed to be simple and pupils should not normally need to change into PE kit.

Pupils should participate in their normal school clothing and appropriate footwear.

Outdoor clothing should be worn as appropriate to the weather conditions.

9. Weather

Being outdoors throughout the seasons is a positive feature of the Daily Mile, and light rain or colder weather should not automatically prevent the activity from taking place.

Staff should, however, use professional judgement where weather or ground conditions could create additional risk.

This may include:

- ice
- very high winds
- extreme heat

- thunderstorms
- unsafe or excessively slippery surfaces.

Where necessary, the activity should be adapted, postponed or replaced by an appropriate alternative.

10. Health and Safety

The agreed Daily Mile route is covered by a school risk assessment (see appendix 2).

Staff should remain alert to changing conditions and undertake an appropriate assessment before and during the activity.

Consideration should include:

- ground and surface conditions
- trip or slip hazards
- gates and access points
- areas with restricted visibility
- interaction between different classes
- weather conditions
- individual pupil needs
- healthcare requirements
- pupils requiring additional supervision.

Any identified hazards should be reported through the school's normal procedures.

Normal school arrangements for accidents, first aid and emergencies apply during the Daily Mile.

Appendix 1:

Daily Mile - Quick Staff Guide

Before going outside

- ✓ Is the route safe to use today?
- ✓ Do I know where all of my pupils are?
- ✓ Does anyone require additional support or consideration?
- ✓ Are adults positioned appropriately?
- ✓ Do pupils understand the expectations and boundaries?

During the Daily Mile

Be outside • Be positioned • Be observant • Be available

- ✓ Pupils remain on the agreed route.
- ✓ Pupils are actively participating.
- ✓ Adults are spread appropriately around the route if appropriate
- ✓ Staff maintain active supervision throughout.
- ✓ Any concerns are addressed promptly.

Remember

The Daily Mile is not an extension of playtime.

It is a planned, purposeful and supervised physical activity taking place during curricular time.

It should be social and enjoyable, but pupils remain under the direction and supervision of staff throughout.