



INDIAN QUEENS PRIMARY SCHOOL

Information about the 'Daily Mile'

You may be aware that the Government has launched an initiative called the 'Daily Mile'. This initiative is in response to the growing concerns about physical inactivity and childhood obesity. As pupils go through primary school, many children put on weight and, across the UK, around 35% of pupils in Year 6 are categorised as overweight or obese. In addition, many 10-year olds lack basic fitness.

Every child in the school walks, jogs or runs at their own pace for 15 minutes during Daily Mile time. It is not competitive, though some will compete and that is fine. Most children will average a mile in the 15 minutes, with some doing more and some doing less. It is not PE, sport or cross-country but physical activity in a social setting which is aimed at improving the children's physical, social, emotional and mental health, and wellbeing. The children take part in their ordinary school clothes with trainers or plimsolls being ideal but not essential. In other schools, it has already been shown to help children focus and concentrate in the classroom and raise their attainment. And most importantly, the children really enjoy it.

Since 2015, 'The Daily Mile' has been adopted by almost 3,000 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers. The initiative is also attracting strong overseas interest, and schools have signed up in over 40 different countries. Globally, it has been adopted by over 5,000 schools.

As a school we are excited about this new initiative and we are looking forward to the benefits it will bring to your child/children. To find out more about it please visit: www.thedailymile.co.uk

Please do not hesitate to get in touch if you have any questions.