

Good practices in HEPA

NAME OF THE ACTIVITY

The Daily Mile (TDM)

LEADING ORGANISATION

INEOS

COUNTRY

 United Kingdom

HEPA-RELATED TOPIC

Physical activity among children and youth

TYPE OF ACTIVITY

Jogging campaign

TARGET GROUP

Schools

OBJECTIVES

The Daily Mile (TDM) is 15 minutes when children jog or run, at their own pace, during the school day at a time of the teacher's choosing. It's clear that, while most children will be happy to return to school after Covid-19 lockdowns and eager to see their friends and teachers again, many will be returning with poorer physical and mental health. The Daily Mile can help schools to rebuild their children's fitness and improve their emotional and mental health – all outdoors in the fresh air. The aim is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.

ACTIVITIES

A school-based active mile initiative which involves a 15-minute daily run/walk/jog which takes place during curriculum time in schools. We recommend this be during lesson time, so children have their full break/play time. The Daily Mile is not Sport or PE, but rather health and wellbeing through physical activity.

RESULTS / EVALUATION

Collective findings suggest that TDM can make a meaningful contribution to the in-school delivery of 30 active minutes and the Chief Medical Officer's recommendation of an average of at least 60 minutes of physical activity each day across the week but that this depends on how TDM is implemented in school.

TIPS & TRICKS

Follow these '[10 steps to success](#)' to ensure your primary or nursery school succeeds with the Daily Mile.

WEBSITE

www.thedailymile.co.uk

CONTACT

thedailymile.co.uk/contact

