

The Daily Mile in Derbyshire

YOUNG
ACTIVE
HEALTHY
Towards an Active Derbyshire

50,000 MORE
ACTIVE
LIVES BY 2021

#YoungActiveHealthy



active
derbyshire



www.activederbyshire.org.uk

About The Daily Mile



The Daily Mile is a free, fully inclusive, outdoor initiative that encourages primary school and nursery school children to walk, jog or run a mile each day in school. It is a simple but effective concept, which any primary or nursery school can implement completely free of charge and without the need for staff training.

The aim of The Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances.

Research has shown that The Daily Mile can even increase attainment in primary school, and parents have reported an increased interest in health and wellbeing from their children after they have started the scheme.

Health and Wellbeing Benefits

1. Within four weeks, children who do The Daily Mile become fitter.
2. The 15 minute break from lessons is invigorating and leaves children more focused and ready to learn.
3. The time spent outside, in almost all weathers, helps children become better engaged with the outdoors and aware of nature and the seasons.
4. The Daily Mile is non-competitive, fully inclusive, and the children have fun.
5. The Daily Mile is also a social occasion, and improves relationships, giving children the opportunity to talk to their peers and teachers in a way they might not in the classroom.
6. The Daily Mile builds teamwork and leadership skills, with children helping and encouraging their peers.
7. Children bring the benefits home, eating and sleeping better and encouraging their families to get active together.
8. The Daily Mile builds self-esteem and confidence, improving children's perception of exercise for life, and enabling them to take responsibility for their own health.

The Impact and Why It Works

...for schools

- ✓ The Daily Mile is simple and free to implement.
- ✓ It is proven to be sustainable – happening all year round, every year.
- ✓ Always takes place in a safe, risk-assessed school environment.
- ✓ It helps improve focus, concentration and behaviour in class.
- ✓ Physical activity is known to improve attainment.
- ✓ Teachers can, if they wish, choose to link it to aspects of the curriculum.
- ✓ It embeds daily physical activity into the school's approach to health and wellbeing.
- ✓ It helps schools to meet the recommendations for daily physical activity outlined by the Chief Medical Officer and the UK Government.
- ✓ The children are much fitter and can access PE and sport more readily.

...for children's health

- ✓ Children become more aware of their health and the need to take responsibility for it.
- ✓ Improves body composition – bone density, muscle strength and cardio-vascular health.
- ✓ Helps children achieve and maintain a healthy weight.
- ✓ Individual medical conditions, such as Diabetes and Asthma, can be helped.
- ✓ Overall balance, gross and fine motor skills are enhanced.

...for children's wellbeing

- ✓ It is 100% inclusive and no-one is left behind – every child succeeds.
- ✓ It is not a race or competition – there is no sense of failure.
- ✓ Children enjoy it – having fun, in the fresh air with friends, and a sense of freedom.
- ✓ Children enjoy the weather, seasons and nature.
- ✓ Supports improvement in self-efficacy, satisfaction and happiness.
- ✓ Reduces stress and anxiety

“The benefits are clear – as well as the children getting stronger and fitter, we've noticed the children are more alert in the afternoons and their attention in class has also improved” – **Adrienne Knight, Head Teacher of Woodlands School, Surrey**

“I love getting outside for fresh air” – **Pupil, Kemnay Primary School, Aberdeenshire**

“Physically active children and young people perform better academically than their inactive peers, and those who are the most active benefit the most” – **Dr Richard Bailey, International Council of Sport Science and Physical Education**

The Derbyshire Daily Mile: Is Your School Going the Extra Mile

The Daily Mile is a simple scheme that supports classroom learning and improves the children's confidence, concentration and behaviour. It takes 15 minutes desk-to-desk and, in that time, most children will average a mile.

The Daily Mile has been formally recommended for all schools by the Scottish Government, who are due to roll out the scheme across Scotland. It has also been formally recommended to primary schools in the UK Government's Childhood Obesity Strategy.

We know in Derbyshire that 82% of 5 to 15 year olds do not meet the minimum daily physical activity guidelines and that 31% of 10 to 11 year olds are overweight and obese. By the age of 15, 42% are sedentary for more than 10 waking hours on a school day.

To investigate the benefit and impact of The Daily Mile in Derbyshire 15 schools from Amber Valley, Bolsover and South Derbyshire agreed to implement and evaluate the scheme between May and July 2017.

Focussing on children in Year 5, each school committed to the scheme for a minimum of six weeks and carried out multiple fitness tests, teacher surveys and pupil surveys to explore the impact on physical activity and fitness levels, readiness to learn in class and any wider health and wellbeing benefits. Comparable data was recorded for 252 children.

Derbyshire Evaluation Headlines

Physical Activity Levels

33% more children met the minimum daily physical activity guidelines



Readiness to Learn

55% of pupils increased their attention in class



Health and Wellbeing

On average pupils self-assessed level of health increased from 'Good' to 'Very Good'



The Derbyshire Daily Mile: Impact on Physical Activity and Fitness Levels

The UK Physical Activity Guidelines...

All five to 17 year olds should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

The Chief Medical Officer's recommendations draw on global evidence for health benefits people can achieve by regular physical activity throughout their lives.

After eight weeks of The Daily Mile scheme

- ✓ 33% more children met the minimum daily physical activity guidelines
- ✓ Children recorded a 12% average improvement on their fitness test time by running 600m on average, 34 seconds quicker
- ✓ 82% of pupils recorded an improved fitness test time



Percentage of children meeting the daily physical activity guidelines

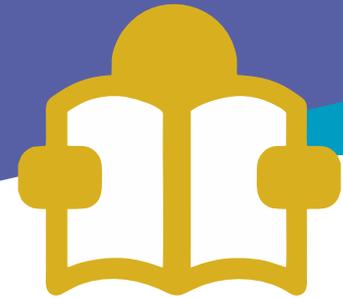
PRE DAILY MILE
20%
POST DAILY MILE
29%

Average time taken to run 600m in the fitness test

PRE DAILY MILE
3m48s
POST DAILY MILE
3m14s

“...fitness levels have really improved; with many children knocking minutes off their 600m times. The impact was definitely noticeable on sports day.” - James Yellop, Headteacher, Heage Primary School

The Derbyshire Daily Mile: Impact on Readiness to Learn



Active Children Do Better...

- ✓ Brains work better
- ✓ Better grades
- ✓ Happier students

Research suggests that physical activity improves concentration and learning, positively contributes to cognitive functioning and academic achievement, better classroom behaviour and improves attendance.

After eight weeks of The Daily Mile scheme

- ✓ Teachers and children reported a perceived average increase in attention and readiness to learn from 'good' to 'very good'
- ✓ Teachers and children independently reported that 55% of pupils increased their attention in class

Average pupils attention/
readiness to learn

(score out of 5)

PRE DAILY MILE
TEACHER SURVEY: 2.85
CHILDREN SURVEY: 3.30

POST DAILY MILE
TEACHER SURVEY: 3.63
CHILDREN SURVEY: 3.57

Percentage of children
with an excellent attention
span/readiness to learn

PRE DAILY MILE
TEACHER SURVEY: 18%
CHILDREN SURVEY: 13%

POST DAILY MILE
TEACHER SURVEY: 33%
CHILDREN SURVEY: 16%

Percentage of children
with a poor attention
span/readiness to learn

PRE DAILY MILE
TEACHER SURVEY: 8%
CHILDREN SURVEY: 4%

POST DAILY MILE
TEACHER SURVEY: 2%
CHILDREN SURVEY: 2%

“The Daily Mile has been hugely beneficial in engaging children at the start of the day. It has facilitated readiness for learning and the children approached lessons with a clear and calm mind. We have been so impressed that we have continued the initiative and even rolled it out to the whole school.”

- Michelle Chaplain, Co-Headteacher, Hodthorpe Primary School

The Derbyshire Daily Mile: Impact on Wider Health and Wellbeing

Physically active children are likely to...

- ✓ Strengthen their muscles and bones
- ✓ Improve their health and fitness
- ✓ Maintain a healthy weight
- ✓ Deter from other risk behaviours
- ✓ Recover from illness more quickly
- ✓ Have reduced stress and anxiety

Even relatively small increases in physical activity are associated with some protection against chronic diseases and an improved quality of life.

After eight weeks of The Daily Mile scheme

- ✓ On average pupils self-assessed level of health increased from 'Good' to 'Very Good'
- ✓ The number of children eating 5 or more fruit and vegetable portions per day increased by 10%
- ✓ Children who talked about healthy eating and physical activity at home increased by 11%



Average pupils self-assessed level of health

(score out of 5)

PRE DAILY MILE

3.48

POST DAILY MILE

3.93

Percentage of children eating 5 or more fruit and vegetable portions per day

PRE DAILY MILE

32%

POST DAILY MILE

42%

Percentage of children who talked about healthy eating and physical activity at home

PRE DAILY MILE

74%

POST DAILY MILE

85%

Percentage of children who travelled to school by car

PRE DAILY MILE

40%

POST DAILY MILE

36%

"All children have thrived from taking part in The Daily Mile and for the little time it takes out of the school day, the health benefits are huge. We are still doing The Daily Mile every day with all children in the school."

- Donna-Marie Johnson, Headteacher, Anthony Bek Community Primary School



Thank you to the following schools and school sport partnerships for their contribution to this evaluation:

Anthony Bek Primary School, Arkwright Primary School, Brockley Primary School, Cresswell Infant School, Crich Junior School, Fairmeadows Foundation Primary School, Heage Primary School, Heathfields Primary School, Hodthorpe Primary School, Langley Mill Junior School, Morton Primary School, Repton Primary School, Somerlea Park Junior School, Woodbridge Junior School, Amber Valley School Sport Partnership, Bolsover District School Sport Partnership and South Derbyshire Active Schools Partnerships



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