



# Starting The Daily Mile in your Early Years Setting

**WHY DO THE DAILY MILE?** Being active has lots of benefits for children:



**Active children are fitter and healthier** – running helps children maintain a healthy weight, strengthens muscles, improves bone density and it's good for their hearts



**Improves physical literacy** – being active helps with co-ordination, as well as gross and fine motor skills



**Physical activity improves mental and emotional health** – it makes children feel happier, reduces anxiety and builds resilience. It gives children a real sense of achievement!



**Running together is a social activity** – children feel part of a group and love being with their friends

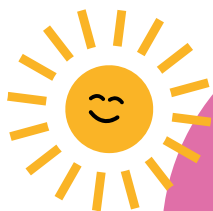


**Children experience all the benefits of being outdoors throughout the year** – running is a year round activity



**Establishing good habits at a young age can last a lifetime** – running and being out of breath become a normal part of a child's day during their early years and beyond

**Let's get children active:**



**42%**

of children in Newham are classed as inactive compared to 29% in London and 31% nationally.

**180  
minutes**

of physical activity every day for 1-5 year olds (CMO recommendation)

## WHAT IS THE DAILY MILE?

The Daily Mile was founded by Elaine Wyllie, a headteacher with many years' experience in schools and nurseries. It is such a simple idea and something that can have a huge impact on children's health and wellbeing.

- The Daily Mile is 15 minutes of movement - children can run, jog or toddle, moving at their own pace with adults joining in
- The children don't need to complete a mile - just 15 minutes of movement
- Find a regular time that works and make it part of your daily routine, but aim to do The Daily Mile at least

three times a week – this will ensure children are fit enough to enjoy it

- The Daily Mile takes place outdoors and in almost all weather, when wearing suitable clothing. Any route can be used, round your setting's outdoor space, a local park or other safe space for children to move
- It's not a race or about who comes first – it's about every child moving, every day and learning that being out of breath is good!
- You can involve the whole community by inviting parents or carers to do The Daily Mile with their children at home

## HOW DOES IT FIT WITH EYFS PROVISION?

The Daily Mile can help to support the seven areas of learning and development in the EYFS:

- **Communication and language**- supports children to practice active listening, follow instructions and communicate with practitioners and peers
- **Physical development**- improves their co-ordination, control, and movement and helps them understand the importance of physical exercise
- **Personal, social and emotional development**- helps children to develop a positive sense of themselves, form positive relationships and to have confidence in their own abilities

- **Literacy** - supports children to read and identify environmental print words e.g. instructions, signs and cue-cards
- **Mathematics** - helps develop and improve their skills in counting, using numbers and describing shapes and spaces
- **Understanding the world** - supports children to explore and observe the surrounding environment
- **Expressive arts and design** - encourages children to explore, play and express themselves through movements and sounds

## MAKING THE DAILY MILE WORK IN YOUR EARLY YEARS SETTING

Children will love The Daily Mile if it is introduced as a key and fun part of their day and something that adults are excited and enthusiastic about. Explain to children and families 'how it works', why they are doing it and how it might make them feel.

The most important thing is to keep The Daily Mile simple and fun and to get your children moving regularly. Use your own expertise and knowledge of the children to make The Daily Mile part of your normal daily routine.

There are so many ways to link The Daily Mile to learning – you can sing a song or count as you run, or link The Daily Mile to outdoor learning. Sometimes a simple idea, like changing the route or the direction you run, can keep children engaged.

Here's some other ideas to help you keep The Daily Mile fresh and exciting for younger children:

1. 'Follow my leader' – children can hop, skip and jump their Daily Mile!
2. 'Freeze' – on a signal or a word the children have to stop and freeze.
3. Set up a Daily Mile star of the Day or Week – for children who are trying their best and encouraging others.
4. Set a challenge to complete a certain number of 'Daily Miles', or a distance over a week or a half-term.
5. Use The Daily Mile as a time to sing or to count while the children are moving.

**MOST IMPORTANT OF ALL – HAVE FUN!**

