

The Daily Mile at Stokes Wood Primary School.



A brief description of your school:

A school of nearing 500 pupils between 3 and 11 in the North West of Leicester City. The children are from a range of diverse back grounds and generally from a lower economic background. The incidence of smoking, drugs and alcohol in this part of the city is high and children and adults are generally of above a healthy weight. All children are active at school but this reduces significantly when in the home environment. The school has approximately 38% pupil premium and is approximately 50% from ethnic backgrounds. Parents are very supportive of the school.

Since starting The Daily Mile, what differences, if any, have you noticed in the children and across your school?

Children see it as a norm, part of their day, we have performed better when entering sporting competitions as children are fitter and can sustain their physical effort for longer. They have a positive attitude to performing well for the rest of their class (weekly competition) and to improving their own personal achievements.

Did you encounter any barriers to getting started with The Daily Mile or whilst implementing The Daily Mile in your school? If yes, how did you overcome them?

Time tabling, weather. We were creative with time, asked for commitment from all staff as well as children. Children put coats on if it's raining. We look for alternatives to running...Daily Boost. We do at least something if at all possible.



What has been the reported impact of The Daily Mile on the children's learning, concentration, focus, behaviour, mood and relationships?

Children's determination, positive attitude is transferred in majority of cases to their academic work. It serves as a focused and supervised activity at the end of lunchtime when issues can arise. There can still be issues of course, but they are reduced to the very small minority.

Can you tell us about any successful links you have made between The Daily Mile and your curriculum?

Generally as part of the PE curriculum, but presentations of successes and achievements have been linked to distances of countries and cities from Leicester.

Do you have any individual success stories of pupils or staff members you would like to share with us?

A volunteer adult was very enthusiastic and takes part daily. He has encouraged and supported pupils to run further. Individuals have run considerable distances. Several of our best runners do have SEHM difficulties.

Do you have any tips for other schools looking to get started?

Give it a go! Persevere with it. Don't make it optional. Find ways of including children and parents who are not keen. Award class prizes, we have a trophy, individual certificates for miles completed. Encourage staff to support it. It makes all the difference, either cheering them on or taking part.

Any other comments?

We are happy to talk to any school wishing to start the Daily Mile.

Jane Gadsby Tel: 07814122567

Email: jgadsby@stokeswood.leicester.sch.uk

Warwick Laverick

Email: wlaverick@stokeswood.leicester.sch.uk

