



supported by  
**INEOS**

in partnership with



**أدنوك**  
**ADNOC**

# CONTENT

- WHAT IS THE DAILY MILE?
- THE 10 CORE PRINCIPLES
- THE DAILY MILE IN THE CURRICULUM
- HOW FAR DO THE CHILDREN RUN IN 15 MINUTES?
- REMOVING BARRIERS TO PHYSICAL ACTIVITY
- CHILDREN OF DETERMINATION
- THE BENEFITS
- WHY DOES THE DAILY MILE WORK?













# WHAT IS THE DAILY MILE?

- It takes place in 15 minutes, with most children averaging a mile, or more, each day
- Children run at their own pace outside in the fresh air unless it is too hot. They can then run in the school hall or gym
- No staff training is needed and there is no extra workload for teachers
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile
- There's no set-up, tidy up, or equipment required
- Children run in their school clothes, so no kit or changing time is needed
- It's social, non-competitive and fun
- The children return to class ready to learn
- It helps to improve fitness and achieve a healthy weight
- It encourages children to be aware of their health





# THE 10 CORE PRINCIPLES

-  QUICK - takes just 15 minutes
-  FUN - done in a social setting
-  100% - fully inclusive, including children with mobility difficulties
-  WEATHER - take children outside unless it is too hot
-  ROUTE - use a firm surface
-  RISK - assess the route to ensure safety
-  WHEN TO GO - during curricular time, at least three times a week
-  CLOTHES - run in school clothes
-  OWN PACE - children run or jog at their own pace, walking intermittently to catch their breath
-  SIMPLE - keep it simple

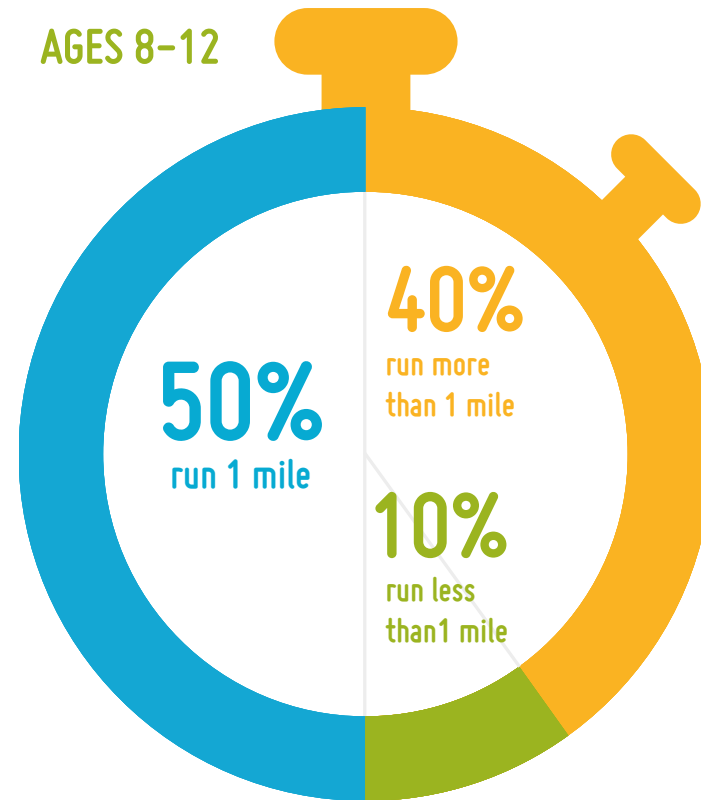
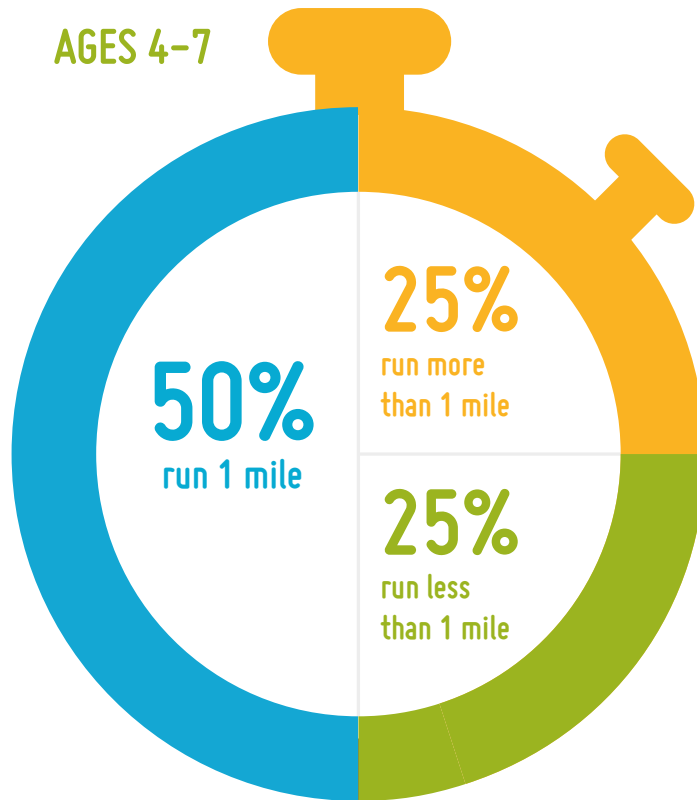


# THE DAILY MILE IN THE CURRICULUM

- A practical approach to improving children's social, emotional, physical and mental health and wellbeing
- Improves behaviour and concentration
- Regular physical activity is known to raise attainment
- Not PE or sport but improves access to both
- Contributes towards time recommended for daily physical activity
- No workload for staff
- Only takes 15 minutes a day
- Works best at a time of the teacher's choosing
- Connections can be made to classwork
- Always free



# HOW FAR DO THE CHILDREN RUN IN 15 MINUTES?



# REMOVING BARRIERS TO PHYSICAL ACTIVITY

- No kit needed, therefore:
  - no cool/uncool kit
  - no forgetting or losing kit
  - no time spent changing
  - no body image issues
- No equipment, set-up, tidy-up or warm-up
- Takes place outside in the fresh air, unless it is too hot
- No need to be sporty or competitive
- No budget or training required
- No need for over-complication - the simplicity of running/jogging works best
- Straightforward to risk assess
- Offers an activity which is fully inclusive
- The Daily Mile is always free





# CHILDREN OF DETERMINATION

- Works well in special provisions and mainstream
- All children succeed whatever their age, ability or circumstances – there is no failure
- Children with mobility difficulties participate routinely with appropriate support
- Many success stories from around the world
- Provides opportunities for isolated children to socialise
- Can help to mitigate adverse childhood experiences
- Has helped with a range of medical diagnoses: diabetes, asthma, brittle bone disease, cerebral palsy, cystic fibrosis, dyspraxia



# THE BENEFITS

- Clear improvement in the children's health and wellbeing
- Children become fitter and can access PE
- Obesity levels are reduced
- Sedentary behaviour is reduced
- Moderate to vigorous physical activity is increased
- Improves resilience and determination



“The children are very enthusiastic; when I say it's time for The Daily Mile, they all cheer.” – Teacher



# WHY DOES THE DAILY MILE WORK?

- It takes place where all our children are every day
- It's simple to implement
- It requires no equipment or training
- It's sustainable in the long-term
- The children enjoy it
- It meets the needs of childhood: fun, friends, freedom, fresh air
- The children are visibly fitter in four weeks and can maintain or improve this level of fitness
- It offers a practical approach, not just a message





supported by  
**INEOS**

in partnership with



أدنوك  
**ADNOC**

For more information on The Daily Mile UAE, please contact Christopher Corander, Director, INTERACT  
M: +971 50 744 8701 | E: [christopher@interact-events.com](mailto:christopher@interact-events.com)

