



AG/LL 20.09.17

Years 5 & 6 The Daily Mile

Dear Parents/Carers,

You will probably be aware of recent concerns around physical inactivity and childhood obesity. As children go through Primary school, many children put on weight and across the UK, around 35% of pupils in their final year of Primary are categorised as overweight or obese.

Experts have described this as an epidemic and a crisis that must be tackled before it is too late. The World Health Organisation regards childhood obesity as one of the most serious global public health challenges for the 21st Century. So far, no approach in the western world has made any difference, with millions of pounds spent on schemes which have had no lasting impact - and the situation continues to worsen.

There is, however, an initiative called The Daily Mile which was started in February 2012 by Elaine Wyllie, who was then head teacher of a large Scottish Primary School in Stirling. She was concerned by the children's obvious lack of fitness and went on to prove The Daily Mile to be both sustainable and effective in combatting inactivity and obesity in her school. The Daily Mile contributes towards the recommended hour that children should spend taking daily exercise.

The Daily Mile is very simple to start in a school. We are going to trial the Daily Mile in Years 5 and 6 with the aim that every child takes part two afternoons a week, as well as their designated PE time. The children can run, jog or walk for 15 minutes. It is not competitive: most children will average a mile in that time, with some doing more and some doing less. It is not PE, sport or cross-country but a physical activity which is aimed at improving the children's physical, social, emotional and mental health and wellbeing. It can help children to focus and concentrate in the classroom and raise their attainment.

Since 2015, The Daily Mile has been adopted by over 1,600 schools in the UK alone, proving extraordinarily popular with thousands of children, parents and teachers.

Our long term aim is to go from doing the Daily Mile twice a week to five times a week and introducing other year groups. At the moment we are only trialling this in Years 5 and 6 to see how it runs logistically. As a school we are really excited about this new initiative and we are looking forward to the benefits it will bring to your child/children.

To find out more about how it all works please visit: www.thedailymile.co.uk. Please do not hesitate to get in touch if you have any questions.

It would be great if you could support your children with the Daily Mile in the evenings or at the weekends, we'd love to know how you get on!

Kind regards,

Miss Gibaud
PE Leader