

The Daily Mile

Increased Confidence

The Daily Mile is a profoundly simple, but effective initiative that gets children walking, jogging or running for 15 minutes each day.

There is strong evidence that it can greatly improve the mental, emotional, social and physical well-being of children and young people.

The Cathedral School of St Peter and St John R.C. Primary - Salford



It is a well-known fact that physical activity and sport can be beneficial for health, yet in many instances, the positive impact it can have on mental health is overlooked.

The Daily Mile initiative is a perfect example of how physical activity can benefit children psychologically.

The Cathedral School in Salford implemented the Daily Mile in June 2017, and have seen many of their pupils grow in confidence as a result.

Mrs Bolton, HLTA at the school, said: "I've seen a lot of the children having conversations and joining in with sports activities, or (getting involved) at dinner times with games.

"When they're doing The Daily Mile they're actually taking part, so I think it's giving them confidence.

"The teachers have seen it (the increased confidence) in the classroom. They have seen them putting their hands up to answer questions more.

"They've also seen it outside the classroom, at play times and lunch times.

"The pupils enjoy the run so much that they want to do it every day," she added.

The children's love of the Daily Mile appears to have rubbed off on the teachers, a number of whom also join in with the pupils.

"Even Miss. Hanley, the head teacher, has been involved," Mrs Bolton said.

Every pupil from Reception to Year 6 in the Cathedral School, takes part in the initiative.

The Daily Mile takes place at least twice a week and is timetabled at the end of lunch.

"At first we were struggling about what time it was going to be, but now we've decided that we do it at 1 o'clock.

"It fits in with our routine because it's just at the end of their dinner time and just before they go back in."

For more information on the Daily Mile, visit: www.greatersport.co.uk/thedailymile

