FUN

**Daily Mile Guidelines**

The children have the freedom to run in the fresh air with their friends. They know that it’s not a competition – many will mix running and walking, particularly at the start.

100%

It’s fully inclusive – every child, every day. Children with special or complex needs are supported to take part and benefit greatly.

WEATHER

We treat the weather as a benefit not a barrier – children connect with nature and the seasons. Jackets on in the cold and damp; sweatshirt off if it’s warm.

ROUTE

Our Daily Mile route will have a firm and mud-free surface as far as possible. It should be around 5–10 laps but some children will do more, some less.

QUICK

Takes place in a 15-minute turnaround from leaving the classroom until returning. No time is spent changing clothes or setting up equipment. We will try to stick to around 9am – 9:15.

RISK

Our route is fully risk assessed, and takes place within the security of nursery grounds.

EVERY DAY

We will try to go out every day – this makes it easier for the children to maintain their fitness.

 CLOTHES

No kit is required – the children go out in their school clothes. Trainers are ideal but not essential.

 OWN IT

The children will do their own Daily Mile. Able bodied children will run or jog – at their own pace – for most of the 15 minutes, although of course there will be some walking!

 SIMPLE

Keep it simple! Its great strength is its simplicity and this is what makes it so enjoyable and sustainable.