



Scottish Government
Riaghaltas na h-Alba
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FACTSHEET – THE DAILY MILE™

The Daily Mile is a Health and Wellbeing initiative

Children in schools and nurseries go outdoors together every day to run, jog and sometimes walk at their own pace for 15 minutes every day. Every child, whatever their age, ability or circumstances takes part. It is a simple and effective concept which can help to reduce health inequalities and improve fitness, mental wellbeing, resilience and self-care.

When did it start?

The Daily Mile was started in 2012 by Elaine Wyllie who was Headteacher at St Ninians Primary School in Stirling. Today, over 900 Scottish schools and nurseries are taking part.

What are the benefits of the Daily Mile?

It aims to help all children improve their physical, emotional, social and mental health and wellbeing by encouraging them to run, jog or walk for 15 minutes every day. The Daily Mile can also help to increase concentration levels, reduce challenging behaviours and improve attainment.

Apply our 10 core principles

These make sure The Daily Mile is kept simple and easy to implement – avoid making it complicated. It's sustainable because the children have fun and enjoy it.

Not everyone needs to run a mile

The children run or jog for 15 minutes at their own pace. In that time, they will average a mile, but some will do more and some less – the distance doesn't matter and it's not a race. Able-bodied children should run or jog for most of the way, doing only short spells of walking.

It doesn't replace PE!

The Daily Mile is physical activity in a social setting and is not a substitute for PE. It makes children fitter, however, helping to improve access to sport and PE.

Do I need special equipment or kit?

Children take part in their school clothes and no special kit or equipment is required. Trainers are recommended but not essential.

No staff training is needed

The role of staff is to support, encourage and engage with the children. The Daily Mile is completely simple and there is no additional workload for teachers.

Where does The Daily Mile take place?

On a risk-assessed, hard surface – almost always in the playground. The children cannot run in mud.

How much does it cost?

The Daily Mile is always free!

Is there a set time in the day to undertake The Daily Mile?

It works best if teachers decide when the children should go out e.g. if the class is showing signs of flagging. They come back to class refreshed and ready to engage in learning.

The Daily Mile takes place in almost all weathers

It is important to take a common-sense approach to undertaking The Daily Mile in different weather conditions – it isn't recommended to do in heavy rain or in snowy / icy conditions. Children taking part wear clothing appropriate to the weather conditions.

Do I need to register with The Daily Mile Foundation?

It is recommended that you do so in order to receive free resources that can assist you in implementing The Daily Mile in your school.

You can sign up your school or nursery at www.thedailymile.co.uk/school-signup/

Where do I go for more information?

The Daily Mile Foundation can provide help and support to get your school started and are always keen to bring more and more settings into The Daily Mile global community.

The Daily Mile Foundation provides free [resources](#) and links to [research](#). All this information, and more, can be found on our website: www.thedailymile.co.uk