

Aldersbrook Primary School

Headteacher:

Mr B.Hughes



Daily Mile Challenge



Dear parent/carers,

I am emailing you today regarding a 'Daily Mile' walking challenge I would like all of our children to take part in for a period of 2 weeks. It will start the 22nd February and finish on the 5th March.

This is an exciting whole school challenge that we would like all year groups to take part in. You could also take part as a family.

We want to get children fit for life and fit for learning by encouraging them to run, jog or walk for 15 minutes every day. It is a physical activity which promotes social, emotional and mental health and wellbeing, as well as fitness.

What is it all about?

So basically 'The Daily Mile' is a social physical activity, with children running or jogging - at their own pace - in the fresh air with friends {due to the current situation I recommend this to be done with the people/a person they live with}. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes.

The Daily Mile works!

✔ It takes place in 15 minutes, with most children averaging a mile, or more, each day.



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- ✔ Children run, jog or walk outside in the fresh air – and the weather is a benefit, not a barrier.
- ✔ There's no set up, tidy up, or equipment required.
- ✔ It can be a social, non-competitive and fun activity undertaken by themselves (age depending) or with other people they live with.
- ✔ It helps to improve fitness and achieve a healthy weight.
- ✔ It encourages children to be aware of their health.
- ✔ It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.

Here is a link you may want to browse through to find out more about the Daily Mile initiative. **Daily Mile Website**
<https://thedailymile.co.uk/resources/>

You will be sent a recording sheet explaining the daily mile challenge further to your child's Seesaw account. Your child's teacher will also discuss the challenge further with your child via Zoom.

Good luck and I hope you enjoy.

Regards

Mr Hemmings