Mulbarton Primary School

This South Norfolk primary school adopted The Daily Mile™ initiative to improve the fitness of its pupils and help introduce the benefits of physical activity to children at an early age. Here are the findings the school has seen since implementing The Daily Mile after a successful pilot raising money for Sport Relief.

Case Study

Aware that a growing number of the school’s children spend long periods of time at home on devices and doing other sedentary activities, the staff at Mulbarton Primary wanted to help increase activity levels at school to combat this growing trend and improve children’s physical health.

With this in mind, and to help children meet the target 30 minutes of the daily 60 minutes activity they should be getting at school, Mulbarton Primary has implemented a healthy lunchtime policy, which The Daily Mile complements. This ensures that every pupil gets a good amount of high-intensity exercise every day.

Initially there were reservations about the extent to which pupils would take to the scheme, and the prospect of being asked to run for 15 minutes every day. The school began by using The Daily Mile concept to raise money for Sport Relief, which the children really enjoyed, so continuing with the programme afterwards proved an easy decision.

The school noticed immediate enthusiasm from its pupils and reported many children asking to run further. Staff too have reported improved relationships with some pupils as it gives them a chance to interact outside the formal classroom environment.

The Headteacher at Mulbarton, Beverly Theobald, would recommend other schools introducing The Daily Mile too after seeing the health and social benefits for pupils and staff first-hand. She also suggests making time to consider how to maintain motivation for pupils as they move through school and begin to find the task of running The Daily Mile easier.

For more information on the health and social benefits of The Daily Mile visit: www.dailymile.co.uk

‘The Daily Mile’ name and logo are trademarks of The Daily Mile Foundation, Hawkslease, Chapel Lane, Lyndhurst SO43 7FG (Registered Charity Number 1166911). All rights reserved.