



## THE DAILY MILE™ SCHOOL CASE STUDY

Samuel Pepys School, St Neots, Cambs

### Fact File

**School Roll:** 113

**How many pupils take part in The Daily Mile:** at least 35 on a regular basis

**Month/Year we started The Daily Mile:** Sept 2018

**Where we're based:** St Neots, Cambridgeshire

**Where do we do The Daily Mile?** School playgrounds, field, small hall and gym

### A brief description of your school

We are an area special school for pupils aged 3 – 19 with a wide range of special educational needs including moderate, severe and complex learning difficulties. All pupils have an Education, Health and Care Plan (EHCP).

### Since starting The Daily Mile, what differences, if any, have you noticed in the children and across your school?

- The pupil's fitness levels have increased.
- Some of the pupils have said they feel happier after doing The Daily Mile.
- Some pupils demonstrate improved interaction skills when running with familiar and sometimes less familiar peers and staff.



Did you encounter any barriers to getting started with The Daily Mile or whilst implementing The Daily Mile in your school? If yes, how did you overcome them?

- The uneven surface of the school field limits access for pupils in wheelchairs. As a result we use the school halls and playground as well as the field. Each area is measured so the pupils know how far they have run. We would like to build an all-weather and wheelchair accessible track on the school field in the future.
- An initial concern from some staff about fitting it into the curriculum, but their enthusiasm has increased significantly as they have seen the impact of The Daily Mile on the pupils.

What has been the reported impact of The Daily Mile on the children's learning, concentration, focus, behaviour, mood and relationships?

- The pupils come back to the classroom calmer, more focussed and ready to engage in learning.
- When running the pupils interact with different peers from when they started.



Can you tell us about any successful links you have made between The Daily Mile and your curriculum?

- Used in Maths specifically to help understand number, tallies and distances.
- Used to help the pupils understand their general health and the affects of exercise on their bodies.
- Has been used in discussions around diet.
- The Daily Mile has a positive impact on pupils mental health and well-being and is something pupils can continue doing in holidays and weekends.

## Do you have any individual success stories of pupils or staff members you would like to share with us?

- One Year 5 pupil has increased his fitness from only managing 10 yards before stopping to now running a whole lap without stopping.
- One pupil reported that they like The Daily Mile because it gives them a boost!
- One year 3 pupil now recognises when he needs to go for a run to manage his behaviour.

## Do you have any tips for other schools looking to get started?

- Just keep it fun, it's great to be out of the classroom, it's different and exciting for the children! Don't be afraid to build it into your timetable.



## Any other comments?

We value pupil voice and in a recent pupil survey The Daily Mile came out as the most favoured physical activity across KS2.

Website: <https://samuelpepysschool.co.uk/>