



THE DAILY MILE™ SCHOOL CASE STUDY

School Name: Winyates Primary School

Fact File

School Roll: 197

How many pupils take part in The Daily Mile: 197

Month/Year we started The Daily Mile: May 2018

Where we're based: Orton Goldhay, Peterborough,
Cambs

Where do we do The Daily Mile? On a purpose built
artificial track around the school field/playground.

A brief description of your school

Winyates Primary School is smaller than the average-sized primary school. The proportion of pupils known to be eligible for the pupil premium is above the national average and the proportion of pupils from minority ethnic backgrounds is above the national average, as is the proportion of pupils who speak English as an additional language.



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

- Increased concentration within lessons
- Increased physical fitness levels in children
- A rise in motivation to keep fit and healthy

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?

- Bad weather was initially a barrier for some, although children and staff have developed a resistance to this through experience of it.
- Curriculum time was an issue for some members of staff, however this has been removed as the mile forms a regular part of each day that teachers now always account for when planning/delivering lessons.

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

- Teachers are positive in the impact that the mile has had on these factors.
- There has been an increase in concentration and focus within lessons.
- Behaviour has improved for children who are able to use this positive avenue for any excess energy.

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

- The Daily Mile has linked well into our PE curriculum by further enhancing the children's physical fitness levels. Additionally to this the track has been used for some focused long distance running activities
- Within some Maths lessons the Mile has been used to measure distance or time of participants



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

- The entire Year 3 class and their teacher have found a significant increase in the children's well-being and behaviour since beginning the mile. There has been a visible reduction in behavioural incidents, as well as greater focus in lessons.

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

- Stick with it. The Daily Mile can be such a fantastic tool in school to further enhance not only the children's physical levels but those of the classroom as well. By integrating the Daily Mile into children's daily routine they feel healthier and happier thanks to the benefits that they experience.
- Find a time that works for you. Each class/teacher will have a different time that works best depending upon their class, whether that is to wake them up in the morning or to focus them again after a break/lunch time. You know your class best and can tailor the mile to help them in the best way possible.



Any other comments?

The Daily Mile is a fantastic initiative that has been proven to improve the whole child physically, as well as emotionally and educationally. It is a truly effective resource that is very simple to implement and run within schools and I would whole heartedly recommend it to all other teachers.

To find out more about Winyates Primary School please visit their website:

<http://www.winyatesprimary.co.uk>