



THE DAILY MILE™ SCHOOL CASE STUDY

Bury CofE Primary School, Ramsey, Cambridgeshire

School Roll: 194

How many pupils take part in The Daily Mile: 194

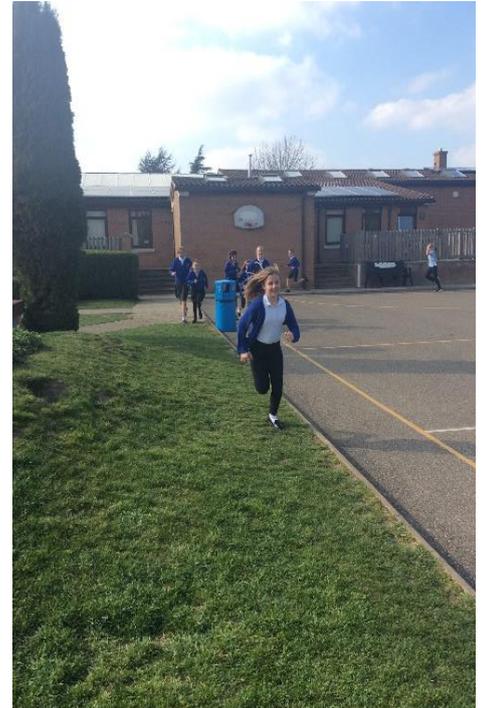
Month/Year we started The Daily Mile: October 2018

Where we're based: Ramsey, Cambridgeshire

Where do we do The Daily Mile? On our school playground and field

A brief description of your school

Our school is a village rural school situated in Bury, on the edge of the town of Ramsey. We are a single form entry school with 7 classes from Reception to Year 6.



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

- Children are happier after being outside and burning off some energy
- The children are very enthusiastic and see it as their own challenge
- They have made clear progress in the number of laps they can do and are fitter
- Children talking to each other more and with the staff whilst doing The Daily Mile

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?

- Some staff were initially resistant to the idea due to concerns over time to complete it
- Staff have the flexibility to take the children out when it suits them and now all classes do The Daily Mile at some point during the day with their teacher taking part

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

- The pupils are more focussed and attentive after doing The Daily Mile
- Less fidgeting and low level disruption, contributing to higher levels of concentration in class
- The focussed break ensures all children are participating in the given activity
- The children know they have a break coming and as a result work harder leading up to it
- The children have made new friendships, talking with new peers, as well as talking to the staff in a different environment. They are forming new friendships
- The staff involvement has provided positive female role models for the girls, seen as an activity for all, not just the boys

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

- Takes place for its own intrinsic value to the growth of every child
- Celebrated at School Sports Awards linked to the School Games Values
- Children have been set a challenge with a passport to do their own Daily Mile in the Easter break with their parents

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

- Year 5 girl: I've inspired my mum to start to come running with me
- Year 5 boy: I've asked my whole family to come out to run with me over the holidays
- As the Headteacher I enjoy it myself. I often walk with one or two children and it gives me a chance to catch up on a one to one level with them
- Yr 5&6 girls are self motivated having a positive female teacher role model with a large percentage of the girls attending the before school Cross-Country club - led by 3 female staff

Cross Country Club:



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

- Very enjoyable experience
- It is slick and the children know to settle back quickly afterwards
- Exercise inside on wet days



Any other comments?

- The children love it. They always remind me if we don't get out for it
- Staff enthusiasm has increased as they have seen the benefits. Staff are doing it with the children and see it as a needed break for themselves as well
- Our future plans are to paint a track on the playground and install a solar powered large stopwatch, as well as grow family involvement in The Daily Mile



To find out more about Bury C of E Primary School please visit their website: www.bury.cambs.sc.h.uk or follow them on Twitter [@buryprimary](https://twitter.com/buryprimary)

