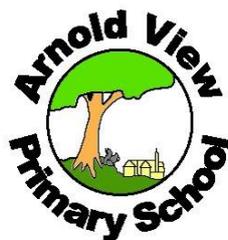


Arnold View Primary School



Living, Learning & Achieving Together

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The Daily Mile

Dear Parent/Carer,

At Arnold View we always want to inspire our children to participate in and enjoy physical activity. It is our aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities.

You may be aware of recent concerns around physical inactivity and childhood obesity; recent evidence suggests as children go through primary school, many put on weight. Across the UK, around 35% of pupils in Year 6 fall into the category of being overweight or obese. In addition to this many 10-year olds lack basic fitness.

After half term each class will be introduced to The Daily Mile to ensure its health and wellbeing benefits are available for everyone. As a school we are excited about this and are looking forward to the benefits it will bring to the children and staff.

The Daily Mile is an initiative which was started in 2012 by a head teacher who was concerned by the children's obvious lack of fitness and who went on to prove it to be both sustainable and effective in combatting inactivity in her school. It can help children to focus and concentrate in the classroom and raise their attainment. And most importantly, the children really enjoy it.

The Daily Mile is very simple; every child in school or nursery go out each day in the fresh air to (run, jog or walk at their own pace for 15 minutes). It is not competitive, it is not PE, sport or cross-country, but physical activity in a social setting, it is aimed at improving the children's physical, social, emotional and mental health, and wellbeing. The children will take part in their ordinary school clothes, with trainers being ideal but not essential.

Kind regards,

Mr A. Garrard

