Inclusive Participation: Move, Belong and Thrive

Ages 7-11

the Daily Mile Foundation



This resource pack helps pupils explore inclusive participation in sport by recognising diverse role models, discussing the barriers they have overcome, and reflecting on how everyone can feel that they belong and thrive through movement.

Belief

At The Daily Mile Foundation, we believe that:

- Every child should feel welcomed, included and able to take part
- Barriers to participation should be recognised, reduced and removed whenever possible
- Participation should be flexible, positive and adapted to suit different children and school contexts
- The focus should be on belonging, confidence and enjoyment, not performance or comparison!



I Can!

The Daily Mile 'I Can' statements:

- I can take part in The Daily Mile in a way that feels right for me.
- I can help others feel welcome and included.
- I can notice when someone might need support to join in.
- I can encourage others without comparing or judging them.
- I can celebrate effort, confidence and enjoyment.
- I can understand that everyone moves differently, and that is okay!

Join thousands of schools, all over the world, already taking part. Help your children feel healthier, happier and create lifelong healthier habits.

Register at:

thedailymile.co.uk

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Whole Class Activities

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15 min

Ideas

List places or activities you participate in where you 'feel welcome'. Challenge the class to identify the themes that help contribute to a sense of belonging.
(slide 13)

Sort the list of attitudes on the slide into two columns (welcoming / unwelcoming) and discuss how your feelings differ when you are met with welcoming or unwelcoming behaviours.
(slide 14 and 15)

Discuss strategies for making your classmates feel welcome when completing The Daily Mile. What welcoming traits (identified above) can we demonstrate and how can we do this?

Read an extract from, or discuss the book(s), from the reading list.

Resources

Inclusive Participation: Move, Belong and Thrive Assembly and Classroom Resources deck

Reading List for 7-11 years



15 min

Small Group Activities

1. Split class into smaller groups and ask them to come up with a list of barriers to exercise (physical, emotional, practical) and suggest ways in which these barriers can be overcome. Collate these on slide 16 of the Assembly and Classroom Resources Inclusive Participation deck.
(slide 16)

   Link this discussion with how breaking down these barriers can increase a sense of belonging and community.

2. Display the 'Diversity and Inspiration' resource sheet on the board or provide copies for small groups. Can the children identify the famous athletes and how they overcome difficulties or diversity within their sport? If available, children could use the school library or computers to research the sports stars and find out more about how they have overcome difficulties within their sports.

   Children could select an inspirational athlete who has overcome difficulties and produce a biography fact sheet.

SUGGESTED LEARNING OUTCOME: Children can identify examples of diversity in sport and explain how athletes may overcome barriers through determination, support, adaptation and opportunity. How can we borrow these character traits to help us succeed in completing The Daily Mile?

Resources

Inclusive Participation: Move, Belong and Thrive Assembly and Classroom Resources deck

Diversity and Inspiration resource sheet

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Individual Activities



Individual Activities

20 min

Script or storyboard an advert promoting The Daily Mile and show how exercising together can create a sense of belonging.

Use the small group activity list of barriers to exercise and the associated techniques for breaking down these barriers to promote inclusivity and a sense of belonging.

If time allows, act and film these adverts... don't forget to send your creations into us at The Daily Mile. We'd LOVE to see them!

Resources

Create an Advert – Storyboard Worksheet

Possible Curriculum Links

English - script writing, persuasive writing, adverts, brochures and leaflets, research and biographies

PSHE/RSE – living in the wider world, relationships, celebrating difference in our community

Additional Daily Mile Foundation Resource Links

Children's Mental Health Week This is My Place - resource pack

SAMH Mental Health Toolkit - resource pack

Let's Get Moving – assembly video

Getting to Know You Bingo – activities (general)



Additional External Resources

'Link Together' classroom activity (20 minutes)

https://www.youngminds.org.uk/media/juhdzkag/link-together.pdf

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Diversity and Inspiration

the Daily Mile Foundation

Can you identify these famous sports people? What challenges have they faced and what helped them to succeed in sport?

A



B



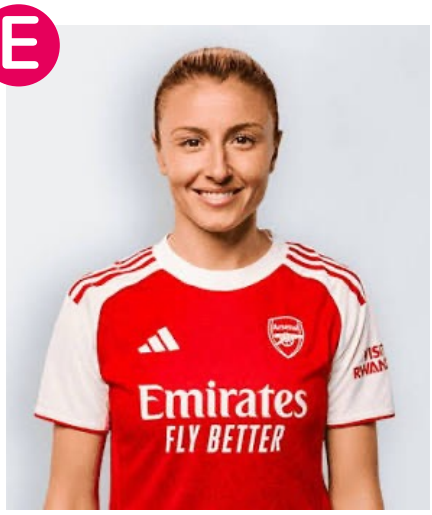
C



D



E



Reflection

What could schools, clubs or teams do to make sure every child feels welcome, included and able to take part? How can we include everyone during The Daily Mile? Can we learn from these athletes to help us complete our Daily Mile?

a) Ellie Simmons - five-time Paralympic gold-medalist swimmer and beloved British television broadcaster

b) Simone Biles – American gymnast who has won 19 medals, making her the most decorated America gymnast of all time

c) Marcus Rashford – Premier League footballer who campaigned for children from poorer families to receive free school meals during the COVID-19 pandemic and awarded and MBE

d) Lewis Hamilton – Seven-time world champion Formula 1 driver, the sport's most successful driver and advocate for the Black Lives Matter movement]

e) Leah Williamson – English professional footballer, captained the England women's national team

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Create an Advert - Storyboard

Create an Advert - Storyboard

Design an advert for The Daily Mile, showing how exercising together can create a sense of belonging.

Think about the 'barriers to exercise' and how these can be overcome. Can you show this in your advert?

Use the storyboard to draw and write what each scene will look like.

Use the lines underneath to write the dialogue or what is happening in each scene.

Don't Forget

- Have you demonstrated a barrier/barriers to exercise?
- Have you shown how these barriers can be overcome?
- Does your advert showcase a sense of belonging when people exercise together?
- Does your advert demonstrate welcoming behaviour(s)?

