Child-centred Practice: My Choice, My Voice, My Wellbeing Ages 7-11

the Daily Mile Foundation



This resource pack for ages 7–11 helps pupils understand how taking part in daily movement, such as The Daily Mile, benefits both the body and the mind. Through discussion and practical tasks, children identify how regular movement strengthens their physical health and supports their mental wellbeing and how the everyday choices they make can positively affect how their bodies and minds feel. The pack builds from shared discussion to independent creative work.

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 identify how my physical health changes and improves with regular movement, such as The Daily Mile
- I can identify ways in which my physical wellbeing and mental wellbeing can be improved by taking part in The Daily Mile
- I understand how my choices can affect my physical and mental wellbeing.

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

the Daily Mile Foundation

15 min

Ideas

Recap the key messages in the whole school assembly about the benefits of regular movement on our bodies.

If appropriate for your cohort, watch the **BBC Class Clips video** to further support the children's understanding of the benefits of regular movement:

Encourage the class to split into smaller groups and record as many benefits of regular movement as they can remember/know about. Collate ideas together using *slide 15* and, after each contribution, ask the children to explain whether this is a physical wellbeing or mental wellbeing benefit. Use the thought bubble prompts to facilitate discussion.

If not covered in sufficient detail, use *slide 16* 'Physical or Mental Wellbeing?' to sort the benefits.

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck

Reading List for 7-11 years



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Whole Class Activities

the Daily Mile Foundation

15 min

Small Group Activities

The Daily Mile Newspaper – Fact or Fake?

Purpose: Children read a fictional newspaper report and highlight the TRUE benefits of movement in one colour and the silly, FAKE benefits in another. The activity builds critical reading (not believing everything we read) while reinforcing how regular movment, like The Daily Mile, improves our physical and mental wellbeing.

How to run the activity:

1. Read the report together and check the children understand it.
2. Ask children to highlight the real benefits in green and the made-up ones in pink.
3. Ask 'How can you tell?' each time, so children explain the clues (silly numbers, promises that sound too good, or things that could not really happen).

Answer key – TRUE benefits:

Stronger heart; healthier lungs; feeling happier and calmer; better concentration in class; better sleep at night; more energy. (Encourage children to sort these into physical wellbeing and mental wellbeing benefits.)

Answer key – FAKE benefits:

Growing a whole metre taller by lunchtime; running faster than a racing car; never needing to sleep again; turning your hair bright green; eating unlimited sweets with no effect.

Discussion prompts:

How did you know that benefit was made-up? Which true benefits help our bodies (physical), and which help our minds and mood (mental)? If we are not sure whether something is true, who could we ask to check? Can you write your own TRUE headline about how The Daily Mile keeps us healthy?

TOP TIP: *Remind children that the key message is balance – moving, resting well and eating a variety of foods help us feel strong, happy and healthy.*

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck

The Daily Mile Newspaper Special Movement Edition resource sheet

Reading List for 7-11 years



Individual Activities

the Daily Mile Foundation

20 min

Individual Activities

Design a Leaflet: Get Moving Every Day

Children design a leaflet that persuades younger children to take part in daily movement, such as The Daily Mile. They should explain how regular movement improves both physical health and mental wellbeing, and how everyday choices can positively affect how our bodies and minds feel.

Recap the class discussions on the benefits of movement. Remind children that some benefits help the BODY (physical health) and some help the MIND (mental wellbeing). Show some examples of real leaflets, if possible, and talk about what makes it eye-catching and persuasive: a bold title, pictures, colour and words that make you want to join in.

Teacher prompts – Physical health:

What happens to your heart and lungs when you move every day? How does moving help your muscles and bones? Why does moving give us more energy? How does The Daily Mile help us stay a healthy weight?

Teacher prompts – Mental wellbeing:

How do you feel after being active? How can moving help us feel calmer, happier or less worried? How does moving help us concentrate and sleep better? How might it help us feel proud and confident?

Teacher prompts – Healthy choices:

What choices can we make each day to look after our bodies and minds? (Move a little every day, drink water, eat fruit and vegetables, get enough sleep, take a break outside.). How can your leaflet encourage younger children to make one of these choices?

Creating the Leaflets:

1. Children plan a catchy title or slogan.
2. They note reasons daily movement is good for the body and for the mind, using the word bank.
3. They add one or two healthy choices readers could try.
4. They design a bright front cover with a picture. Encourage persuasive language and at least one fact for the body AND one for the mind.

CHALLENGE: *Add a slogan that rhymes, or a 'Did you know?' fact box.*

SUPPORT: *Provide the word bank and sentence starters such as 'Daily movement is great because…'.*

TOP TIP: *Reinforce the message of balance – moving, resting well and eating a variety of foods help us feel strong, happy and healthy.*

We would love to see the children's leaflets – please share them with The Daily Mile!

Resources

Child-centred Practice: My Choice, My Voice, My Wellbeing Assembly and Classroom Resources deck

Leaflets as examples, if available

Design a Leaflet: Get Moving Every Day resource sheet and word bank

Reading List for 7-11 years

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Individual Activities

Possible Curriculum Links

English – recount and newspaper reports

Science – anatomy and the human body

PSHE/RSE – be active for a growth mindset

Additional External Resources

BBC Class Clips: KS2 PSHE – Be Active for a Growth Mindset

Additional Daily Mile Foundation Resource Links

Daily Mile Mood Board – whole class activity

21-Day Tracker – activities (general)

Why We Do The Daily Mile – poster/display

What is The Daily Mile? – poster/display

Research Information (The benefits of Physical Activity Information Sheet) – teacher tips and resources

Moving for Mental Health – teacher tips and resources

Assembly 2: Move Your Body, Boost Your Mood – assembly resources

Assembly 3: Moving for a Healthy You – assembly resources



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The Daily Mile Newspaper

The Daily Mile Newspaper

SPECIAL MOVEMENT EDITION – FACT OR FAKE?

Read the newspaper report from The Daily Mile Newspaper. Highlight the TRUE benefits of moving regularly in **green** and the silly, FAKE ones in **pink**. How can you tell them apart?

THE TRUTH ABOUT MOVING MORE!

BY OUR ROVING HEALTH REPORTER – THE DAILY MILE NEWSPAPER

Reporters have been finding out what really happens when children move every day — and some of the 'facts' we heard were much harder to believe than others!

Pupils told us that running, jogging and wheeling The Daily Mile makes their hearts stronger and helps their lungs work better. Many said they feel happier and calmer afterwards, and that moving helps them concentrate in class. One pupil insisted the Daily Mile made him grow a whole metre taller by lunchtime!

Teachers even reported that children sleep better at night and have more energy for learning.

Another claimed that moving regularly lets you run faster than a racing car, and that it means you never need to sleep again. We were also told - rather suspiciously - that moving more turns your hair bright green and lets you eat unlimited sweets with no effect at all.

But not everything we were told can be true. So, young reporters, which benefits are the real, healthy truth, and which are silly, made-up fiction? Grab your highlighters and decide!



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Design a Leaflet: Get Moving Every Day!

the Daily Mile Foundation

Planning Sheet

CHALLENGE: Make a leaflet to persuade younger children to join in with daily movement, such as The Daily Mile. Show them how moving every day can help keep their body **and** their mind healthy and that they can make positive choices that improve their wellbeing.

Catchy Title or Slogan e.g. 'Get Moving, Feel Amazing with the Daily Mile	
Great for your BODY outline the benefits on physical health	
Great for your MIND outline the benefits on your mental wellbeing	
Healthy choices I can make every day reinforce the importance of daily movement, such as The Daily Mile	

Plan your front cover here:

Top tips for your leaflet:

- A bright, catchy title
- Bold pictures and colours
- Persuasive words (amazing, super, healthy)
- Benefits of daily movement on both the body and mind
- Encourage children to make healthy choices to benefit them

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Word Bank

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heart
lungs
muscles
bones
energy
healthy
happy

calm
proud
confident
focus
sleep
run
wheel

jog
walk
water
fruit
choices
fun
wellbeing

mind
body
physical health
mental health

