Teacher Notes

Focus area: Child-centred Practice - My Choice, My Voice, My Wellbeing

the Daily Mile Foundation

This whole-school assembly explores how taking part in daily movement, such as The Daily Mile, benefits both our physical and mental wellbeing. It opens by asking children what they already know about staying healthy, then explains that moving every day is good for the body AND the mind.

Physical benefits to draw out: a stronger heart and lungs, healthy muscles and bones, more energy, and helping us stay a healthy weight. Mental wellbeing benefits: feeling happier and calmer, less worried, better able to concentrate and sleep, and proud of what we have achieved.

Use talk-partner prompts such as 'How does your body feel after you have been moving?' and 'How does regular movement help your mind?'.

Close by reminding children that everyone can join in, whatever their age or ability and those small daily choices – moving a little every day, drinking water, eating well and resting – help us feel strong, happy and healthy. Set a simple challenge: notice how you feel in your body and your mind during today's Daily Mile.





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Assembly Notes

Slide 1	**Title page: The Daily Mile Foundation** **Child-centred Practice: Dignity, Choice, Voice and Wellbeing**
Slide 2	Share the learning goals of the assembly today. Ensure the difference between physical and mental wellbeing is clarified and explain that movement can support both areas!
Slide 3	Use the three thought bubbles to facilitate discussion about how our physical health benefits from regular movement, such as The Daily Mile. Identify the areas of our body that strengthen and improve. Discuss how your body feels after completing The Daily Mile.
Slide 4	Discuss how the brain physically benefits from exercise. If appropriate, share the Brain Activation Activities YouTube video (https://www.youtube.com/watch?v=TVt905ndt4g). Reinforce the key message that the brain needs regular exercise to stay focused and alert. Reiterate that both Brain Activation Exercises **and** physical movement helps the brain and help our mood.
Slide 5	Use the sliding scale to elicit discussion about how our body and mind change/improve after doing movement. If possible, ask the children to score their feelings before they complete The Daily Mile and return to this slide back in classrooms after The Daily Mile... have they noticed any improvement?
Slide 6	**My Choices Matter** *A key message from The Daily Mile – empower the children to understand that there is a lot they can be in control of and how they can make positive choices that affect their physical and mental wellbeing.* If appropriate, share the **Wellbeing for Children YouTube** video (https://www.youtube.com/watch?v=dhpCdqOtuj0) to summarise the key points in the assembly today. Ask the children to speak to a partner and name one good choice that they will make today.
Slide 7	Recap the three main 'I can' statements. Check that children understand that The Daily Mile can help their bodies and mind stay healthy and how their choices make a difference. End with the challenge of noticing how movement makes their body and mind feel during today's Daily Mile.

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Classroom Resources

Each age grouping includes whole class activity ideas, smaller group activities and individual activities. Optional printable resources and resource lists are also provided to support teaching and learning. Use the activities that will suit your cohort best, and mix and match between the different resources where helpful.

Teachers can adapt the activities to reflect the needs, interests and experiences of their class. Some children may benefit from additional examples, adult support or alternative ways to share their ideas.

Age group	Whole class activities	Small group activities	Individual activities
3-5 years	'Simon Says' game – identifying body parts and organs. Discussion of how we benefit from regular movement, such as The Daily Mile	Labelling the Body resource sheet – children identify the organ and where it lives inside our body	Benefits of Regular Movement resource sheet – children identify the ways regular movement can help our bodies and our minds
5-7 years	'Good Choice, Bad Choice' statement sorting – focusing on physical wellbeing and mental wellbeing	Newspaper Headlines; True or False activity	Newspaper report writing
7-11 years	Benefits of regular movement discussion, physical wellbeing or mental wellbeing benefits	Newspaper reports; Fact or Fake	Designing a Leaflet: Get Moving Every Day!

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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Additional videos and resources

Please preview all videos and external resources before using them with children to ensure they are suitable for your setting and age group.

https://www.bbc.co.uk/bitesize/articles/zbvrcmn#z9c8dp3
Why is physical activity important? BBC Bitesize Resource with simple quiz.

https://www.youtube.com/watch?v=TVt905ndt4g
Brain Activation Activities (slide 4)

https://www.youtube.com/watch?v=dhpCdqOtuj0
Wellbeing for Children: Healthy Habits (slide 6)





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