The Daily Mile: Supporting children's health and wellbeing



the Daily Mile

Powered by London Marathon Foundation

A simple, proven way to get children moving during the school day

What is The Daily Mile?

The Daily Mile is a free, fully inclusive physical activity model where children run, wheel or walk for at least 15 minutes, a minimum of three times a week during school hours. There's no need for equipment, special clothing or extra planning. Just a commitment to getting children moving in a fun way that fits into your school day.

WHY IT WORKS

It transforms inactive children
The greatest impact is seen among children who were previously inactive. The Daily Mile helps them realise that physical activity can be enjoyable, while also helping to build a positive association with being active.

It benefits the whole class
Active children gain too. Teachers report improved focus, behaviour, mental health and physical fitness.

It is fully inclusive
The Daily Mile is for every child, regardless of age, ability or background. There is no competition, no pressure and no barriers. Children take part at their own pace and in their own way, side by side with their peers.

It opens the door to sport and PE.
Many teachers see The Daily Mile as a gateway to greater participation in physical education and school sports. It encourages children to see movement as something they can enjoy and achieve.

It empowers underrepresented groups
We have seen The Daily Mile make a powerful difference in communities where physical activity levels are lower. For example, it has helped many girls from Muslim communities take their first steps into sport by showing them what they are capable of.

It strengthens social connection
The Daily Mile encourages natural, side-by-side conversations as children move together and with their teachers. It's a relaxed, pressure-free space where conversations naturally flourish. Teachers often tell us that some of the best chats and moments of peer support happen during The Daily Mile.

KEY FACTS

1. ITS FUN, just 15 minutes, at least three times a week
2. No kit, no cost, no changes to your timetable
3. Proven to improve physical and mental wellbeing
4. Suitable and accessible for all children



START TODAY

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**

How to get started with The Daily Mile

It's quick, easy, and fun! The Daily Mile is just 15 minutes of movement during the school day whenever it suits you and your class. No equipment, no prep, just getting active together at least three times a week!

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STEP 1: GET READY

- *Introduce The Daily Mile to your child and get them excited about moving!*
- *Everyone can take part, whether running, wheeling, or walking.*
- *Decide on your Daily Mile route, use the playground, field, or any safe outdoor space.*



STEP2: GET MOVING

- *Let children go at their own pace, no stress or pressure, just movement.*
- *Encourage chatting and social interaction whilst moving, it's all about having fun together!*
- *Maintain a safe and supportive environment where every child feels included.*



STEP 3: NOTICE THE BENEFITS

- *Discuss The Daily Mile with your class. How do they feel during and afterwards? Did it boost their energy? Improve their focus?*
- *Highlight the benefits and link movement to better learning and well-being.*



A FEW HELPFUL TIPS

1 Before You Start

Make sure staff, children, and parents all know what The Daily Mile is and why it's brilliant. It's not about competition- it's about moving, feeling good, and being social.

2 Plan Your Route

Playgrounds or existing paths work perfectly. Add a few loops or squiggles, kids love them. Aim for around 5–10 laps so there's no pressure to keep up.

3 Launch It Your Way

Start small with one class or go big with the whole school. Some schools hold fun launch events which are great for building excitement. Consider a simple survey to show progress after a few weeks

4 Building Fitness

Encourage running or jogging right from the start at their own pace. Within a few weeks, most children will be jogging for the full 15 minutes.

5 Flexible Timing

Avoid rigid timetables, teachers know when their class needs a boost. Aim for at least three times a week, daily if you can!

6 Keep It Simple

Don't overcomplicate things. No fancy kit. No competitions. Just fresh air, movement, and fun.

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The Daily Mile: Cefnogi iechyd a lles plant



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FFORDD SYML, WEDI'I PHROFI I ANNOG EICH PLANT I SYMUD YN YSTOD Y DIWRNOD YSGOL

Beth yw The Daily Mile?

Mae The Daily Mile yn fodel gweithgaredd corfforol cwbl gynhwysol sydd ar gael am ddim i blant gael cyfle i redeg, olwyno neu gerdded am o leiaf 15 munud, o leiaf dair gwaith yr wythnos yn ystod oriau ysgol. Does dim angen offer, dillad arbennig na chynllunio ychwanegol. Dim ond ymrwymiad i roi'r cyfle i blant i symud mewn ffordd ddifyr sy'n ffitio i'r diwrnod ysgol.

PAM EI FOD YN GWEITHIO

MAE'N TRAWSNEWID PLANT DISYMUD
Gwelir yr effaith fwyaf ymhlith plant oedd yn arfer bod yn ddisymud. Mae The Daily Mile yn eu helpu i weld y gall gweithgaredd corfforol fod yn ddifyr, a helpu i fagu cysylltiad cadarnhaol ag ymarfer corff.

BUDDIOL I'R DOSBARTH CYFAN
Mae plant actif yn cael budd hefyd. Mae'r athrawon yn sylwi ar well ffocws, gwell ymddygiad, gwell iechyd meddwl a gwell ffitrwydd corfforol.

MAE'N HOLLOL GYNHWYSOL
Mae The Daily Mile yn addas i bob plentyn, waeth beth fo'u hoedran, eu gallu na'u cefndir. Does dim cystadleuaeth, dim pwysau a dim rhwystrau. Mae'r plant yn cymryd rhan ar eu cyflymder eu hunain ac yn eu ffordd eu hunain, ochr yn ochr â'u cyfoedion.

MAE'N AGOR Y DRWS I CHWARAEON AC ADDYSG GORFFOROL
Mae llawer o athrawon yn gweld The Daily Mile fel porth i gymryd mwy o ran mewn addysg gorfforol a chwaraeon ysgol. Mae'n annog plant i weld symudiad fel rhywbeth i'w fwynhau a'i gyflawni.

GRYMUSO GRWPIAU HEB GYNRYCHIOLAETH DDIGONOL
Rydyn ni wedi gweld The Daily Mile yn gwneud gwahaniaeth pwerus mewn cymunedau lle mae lefelau gweithgarwch corfforol yn is. Er enghraifft, mae wedi helpu llawer o ferched o gymunedau Mwslimaidd i gamu i chwaraeon am y tro cyntaf trwy amlygu eu gallu eu hunain iddynt.

CRYFHAU CYSWLLT CYMDEITHASOL
Mae The Daily Mile yn annog sgyrsiau naturiol wrth i blant symud ochr yn ochr a gyda'u hathrawon. Mae'n amser hamddenol, heb bwysau lle mae sgyrsiau'n llifo'n naturiol. Clywn gan athrawon yn aml fod rhai o'r sgyrsiau gorau a'r enghreifftiau gorau o gefnogaeth ymysg y plant yn digwydd yn ystod milltir The Daily Mile.

FFEITHIAU ALLWEDDOL

1. Mae'n ddifyr, dim ond 15 munud, o leiaf dair gwaith yr wythnos
2. Dim dillad arbennig, dim cost, dim newidiadau i'ch amserlen
3. Wedi'i brofi i wella lles corfforol a meddyliol
4. Yn addas ac yn hygyrch i bob plentyn



DECHREUWCH HEDDIW

Ymunwch â miloedd o ysgolion, ym mhedwar ban byd, sy'n cymryd rhan yn barod. Helpwch eich plant i deimlo'n iachach, yn hapusach ac i greu arferion iachach am weddill eu hoes.

Cofrestrwch yn **thedailymile.co.uk**

Sut i ddechrau The Daily Mile

Mae'n gyflym, yn hawdd, ac yn hwyl!
Dim ond 15 munud o symud yn ystod y diwrnod ysgol yw'r Daily Mile, pryd bynnag sy'n gyfleus i chi a'ch dosbarth.
Dim offer, na pharatoi, dim ond bod yn actif gyda'ch gilydd o leiaf tair gwaith yr wythnos!

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CAM 1: BYDDWCH YN BAROD

- *Cyflwynwch The Daily Mile i'ch plentyn a'i annog i fwynhau symud!*
- *Gall pawb gymryd rhan, boed hynny drwy redeg, defnyddio cadair olwyn neu gerdded.*
- *Penderfynwch ar lwybr eich Daily Mile. Defnyddiwch y maes chwarae, y cae neu unrhyw fan awyr agored diogel.*



CAM 2: SYMUDWCH Y CORFF

- *Gadewch i'r plant fynd ar eu cyflymder eu hunain. Does dim straen na phwysau, dim ond mwynhau symud.*
- *Anogwch blant i sgwrsio ac i dreulio amser gyda'i gilydd wrth symud. Y peth pwysicaf yw cael hwyl gyda'ch gilydd!*
- *Cynhaliwch amgylchedd diogel a chefnogol lle mae pob plentyn yn teimlo ei fod yn perthyn.*



CAM 3: SYLWCH AR Y BUDDION

- *Trafodwch The Daily Mile gyda'ch dosbarth. Sut maen nhw'n teimlo yn ystod y gweithgaredd ac ar ei ôl? A roddodd hwb i'w hegni? A oedden nhw'n gallu canolbwyntio'n well wedyn?*
- *Tynnwch sylw at y manteision a dangoswch y cysylltiad rhwng symud â dysgu a lles gwell.*



CYNGOR DEFNYDDIOL

1 Cyn Cychwyn

Gwnewch yn siŵr bod aelodau staff, plant a rhieni i gyd yn deall beth yw'r Daily Mile a'r manteision gwych y mae'n eu cynnig. Nid yw'n ymwneud â chystadlu – mae'n ymwneud â symud, teimlo'n dda a mwynhau bod yng nghwmni eraill.

2 Cynlluniwch Eich Llwybr

Mae meysydd chwarae neu lwybrau sy'n bodoli'n barod yn berffaith. Ychwanegwch lapiau neu sgwiglau, mae plant wrth eu boddau â nhw. Anelwch am 5–10 lap fel nad oes rhaid i neb boeni am gadw i fyny â gweddill y grŵp.

3 Rhowch Gynnig Arni Yn Eich Ffordd Eich Hun

Dechreuwch yn fach gydag un dosbarth neu ewch amdani gyda'r ysgol gyfan. Mae rhai ysgolion yn cynnal digwyddiadau lansio hwyliog sy'n wych i ennyn cyffro. Ystyriwch gynnal arolwg syml i fesur cynnydd ar ôl ychydig wythnosau.

4 Cadw'n Heini

Anogwch blant i redeg neu loncian o'r cychwyn cyntaf ar eu cyflymder eu hunain. O fewn ychydig wythnosau, bydd y rhan fwyaf o blant yn loncian drwy gydol y 15 munud.

5 Hyblygrwydd O Ran Amser

Osgowch amserlenni caeth. Mae athrawon yn gwybod pryd mae angen hwb ar eu dosbarth. Ceisiwch ei wneud o leiaf dair gwaith yr wythnos – bob dydd os gallwch chi!

6 Cadwch Bethau'n Syml

Peidiwch â gorgymhlethu pethau. Dim cit ffansi. Dim cystadlu. Dim ond awyr iach, symud, a hwyl.

Mae ymuno â miloedd o ysgolion ledled y byd sydd eisoes yn cymryd rhan. Helpwch eich plant i deimlo'n iachach a hapusach, ac i feithrin arferion iach a fydd yn para gydol oes.
Cofrestrwch yma: thedailymile.co.uk