



The Mile a Day at Norton Free.



The Mile a Day:

The Mile a Day was introduced at Norton Free in September 2016 in a bid to improve health, emotional well-being and the fitness levels of our children. In addition to two hours of PE during curriculum time for each child, we recognise and value the importance of physical activity and physical education across the curriculum and as a result, opportunities exist for our children to take part in different clubs before, during and after school as well as through the Mile a Day. We aim for all children to be physically active as much as possible during the day as part of our whole school improvement. Through active lessons, active breaks and lunchtimes, our Mile a Day and extra curricular activities, we aim to enable our children to be as active as possible throughout the school day.

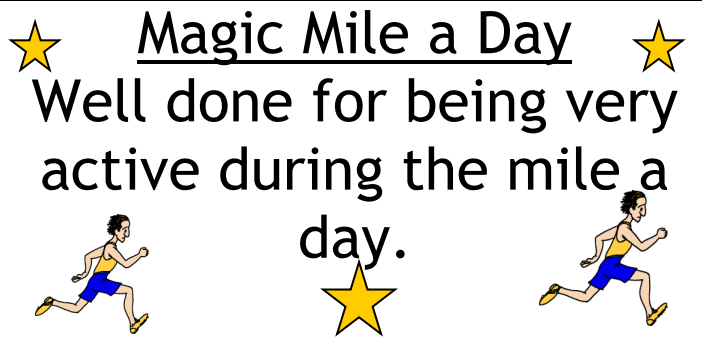


- ✓ The Mile a Day replaces afternoon playtime at Norton Free C of E School.
- ✓ All children and staff take part and are encouraged to walk, jog or run.
- ✓ The route takes children around the perimeter of the school and takes the children in areas where they are not usually allowed to go.
- ✓ Approximately 6 laps is the equivalent to 1 mile



Every afternoon, the bell rings at 2pm and this marks the start of the Mile a Day. Children leave their classrooms via the outside doors and can start the route around school straight away. The route takes the children round the perimeter of the school and involves the use of paths that are out of bounds for the rest of the school day. All members of staff are involved during the Mile a Day. Designated members of staff leave the class room 5 minutes before the end of the first afternoon lesson and unlock the internal school gates before standing at a specific point so that the children can identify the route and to ensure that

children are safe. Some staff walk or run with the children. 5- 6 laps is the equivalent of 1 mile. Children are encouraged to run, walk or jog, and to support the younger children on their way around. The older children in school will happily walk round with the younger children/siblings encouraging them to keep going. Our School has already noticed great benefits as the children are not only fitter, but behaviour and readiness for learning during the afternoons has improved significantly.



Magic Mile a Day.

During the Autumn Term, we hold the 'Magic Mile a Day'. During this time children, who try really hard to keep active and moving, are rewarded with a green ticket praising them for their efforts. Tickets are limited but every member of staff has a few to give out. Once a child has twenty tickets, they can exchange them for a small gift from our gift box. Once a child has 20 tickets they can move on to collecting bronze tickets, silver and gold and these can be exchanged for extra break or a special mention in assembly.

Spring Term - The Friday Lap Challenge:

During the Spring Term, the Friday Lap Challenge starts at 2:30pm on Fridays. This activity involves the Y6 Sports Leaders and they assist with the operation of the challenge. Two or three children from Y6 are chosen to link up with one of the other 6 classes in school, from FS to Y5. These children wear a bright hi-viz vest and wait at a specific point in the playground for their class. For example, Y6 Sports Leaders who are responsible for Foundation Stage wait by the climbing frame outside the FS classroom. Sports leaders have a list of children for their classes and record every time a child completes a lap (the children let the sports leaders know). At the end of the lap challenge, the children with the most laps completed are entered onto a leader board and this is shared with the children in assembly on Monday. Children and teachers who take part are entered onto the leader board and there is an overall leader at the end of the term. Children enjoy competing against teachers and one another. Each week children are encouraged to try and increase the number of laps that they complete and are introduced to the idea of a Personal Best – aiming to do more laps over the weeks in the Spring Term.

Summer Term - The Tuesday Trek:

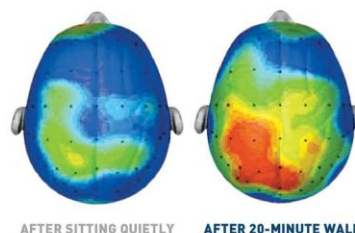
After Easter, when the weather has improved and to maximize the children's interest, we begin the Monday Marathon. This involves opening up the gates to the field on Monday and allowing the children to do a much longer route through the field and around the school. Again children can walk, jog or run and they are encouraged to do as much as they can, improving week on week.

Throughout the year, children are involved in the Mile a Day every afternoon and by changing the type of activity each term, we maintain the interest of the children. By doing the Mile a Day every day, this accounts for 15mins Physical Activity every day which contributes to the Government's Obesity Strategy where every Primary school must have at least 60mins of moderate to vigorous activity a day – in addition to 2hours PE.

What the research says:

Research has shown that active children are happier, have better attitudes, have more enthusiasm and are better engaged. Increased physical activity leads to better self-esteem, increased confidence and more enjoyment in lessons. This in turn leads to increased attainment and better progress.

Children retain concepts better if they are active and have an increased understanding in lessons. Research has also shown that children produce more work if they are physically active.



Definition of Physical Activity:

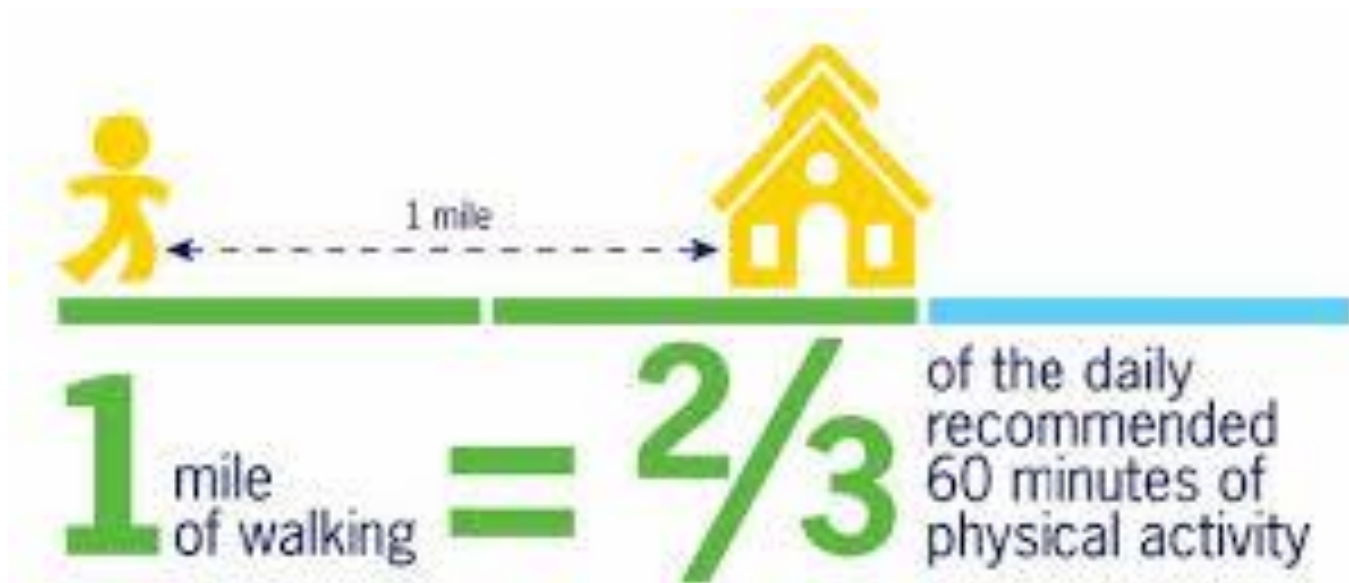
Physical Activity is 'a broad term that describes bodily movement, posture and balance. All require energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, scooting) and routine, habitual activities such as using the stairs, housework and gardening'.

Physical Education:

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all children. This involves both 'learning to move' (becoming more physically competent) and 'moving to learn' (learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

School Sport:

School Sport is the structured learning that takes place beyond the curriculum (extended curriculum) within school settings. Again the context for learning is physical activity and this forms a vital link with 'community sport and activity'.



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