



The children across the Wallisdean Federation, have been completing The Daily Mile three times a week, since the beginning of this academic year! The Daily Mile is starting to have a huge impact for us as a school. The fitness, energy levels and stamina of our children have improved significantly. It is wonderful to see the impact and celebrate together as a school, how far we have come on our Daily Mile journey so far.

Our children have become more aware of their own health and fitness, and are learning to take responsibility of this from a young age. We have started to see an improvement of gross and fine motor skills and balance.

The Daily Mile raises morale, confidence and self-esteem. In particular, we have seen a significant impact on the children who may usually need additional encouragement and support, to participate in PE sessions. This is because there is no sense of failure; everyone succeeds in The Daily Mile because it's not a race.

The Daily Mile breaks down barriers and is inclusive. It requires no kit, specialist equipment, money, transport or resources, yet delivers a huge impact. Therefore, throughout lockdown, children not in school have still been able to complete The Daily Mile with their families at home.

We hope to continue on our fitness journey, and see the progress as the children move up through the school.

