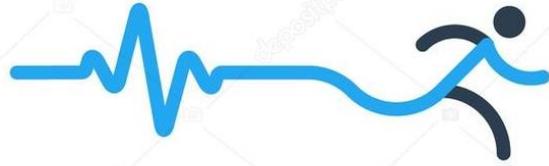


Active Time



The Daily Mile has now been taking place in 3,600 primary schools each day in 35 countries around the world: a quarter of those in England; while schools have also got on board everywhere from the US to the United Arab Emirates to Nepal to Australia.

The World Health Organization (WHO) recommends that children get at least 60 minutes of moderate to vigorous exercise each day – the kind that gets them out of breath. They should also do some resistance exercise each week to strengthen their muscles.

Despite this, fewer than 40% of children achieve these recommended levels. The Department For Education states primaries should deliver 30 minutes of “moderate to vigorous” activity for pupils every day (through active break times, extra-curricular physical education (PE) clubs and active lessons) – with parents responsible for providing another daily 30 minutes.

A study in 2017, that involved 12,000 children, cited that children involved in ‘The Daily Mile’ were more awake, had increased attention and verbal memory, and improved their feelings of well-being.

Our ‘**Active Time**’ is structured so that the children are physically active during their afternoon ‘break time.’ There is a cycle of activities over the week and the children go at their own pace. We have a team of young ‘Active Time Leaders’ who help plan, lead, support and encourage the children alongside a member of staff. The structured activities are helping us ensure that we are providing daily vigorous exercise in an encouraging/supportive setting but it also allows for children to run alongside their friends.

Active Time is non-competitive; it is aiding fitness (children are becoming more aware of a healthy lifestyle); daily physical activity helps children concentrate in the classroom; regular exercise can help reduce anxiety and stress; and it can also help develop a greater resilience and determination & promote self-care too.

We see a lot of smiling faces... and red faces... and I’m pretty sure I saw Mrs Summerfield lapping some of the children!

