

Daily Mile

Better Knowledge of Healthy Lifestyles

The Daily Mile is a profoundly simple, but effective initiative that gets children walking, jogging or running for 15 minutes each day.

There is strong evidence that it can greatly improve the mental, emotional, social and physical well-being of children and young people.

Woodfield Primary School - Wigan

Physical activity and sport can bring communities together, and in Wigan, the Daily Mile programme has seen a number of organisations work in collaboration to help increase levels of physical activity.

Woodfield Primary School implemented the Daily Mile in June 2016, after receiving funding for a new running track from Wigan businessman Dave Whelan.

“We wrote letters to local businesses just saying what our plans were and he thought it was a brilliant idea,” said Ms Moffitt, PA at Woodfield.

“He responded saying he wanted to help us get the track and our playground.”

The former chairman of Wigan Athletic FC even attended the track’s opening ceremony.

“It was brilliant. We had members from Wigan Athletic Community Trust down, members from the local Wigan Albert Edward Infirmary and Inspiring Healthy Lifestyles from Wigan Council,” said Ms Moffitt.

Woodfield’s new track is made of rubberised bark and was measured out to be exactly a mile-long.

“It’s great, we can run in all weathers. Even snow clears off straight away and we can still carry on.”

As part of Dave Whelan’s involvement with Woodfield, the school were invited to attend a Wigan Athletic FC game against Fulham, and completed a Daily Mile at half-time, around the perimeter of the pitch.

“The Daily Mile has been fantastic for the children,” said Ms Moffitt. “They’ve learnt so much about healthy lifestyles.”

“They know the benefits of being physically active and even have a greater knowledge of the importance of eating healthily.

“We ran an event ‘Race to Rio’ before the 2016 Olympics and we had a smoothie bar. The children put fresh fruit in and rode their bikes, which made smoothies for them.”

The ‘Race for Rio’ was run in partnership with Wrightington, Wigan and Leigh NHS Foundation Trust, where the children in Woodfield were challenged to walk the distance from Wigan to Rio de Janeiro.

With help from a number of other organisations, including Wigan Warriors, the children achieved their aim.

The Daily Mile has also been used by the school to encourage parents and guardians to get more physically active, and every Wednesday morning children and their families are invited to come and do a Daily Mile before school.

“I enjoy running the Daily Mile. It gives you the opportunity to have fun and chat with your friends and improve your stamina. I think the whole school is getting fitter because we do the Mile every day,” said Year 6 pupil Harris.

For more information on the Daily Mile, visit:
www.greatersport.co.uk/thedailymile

