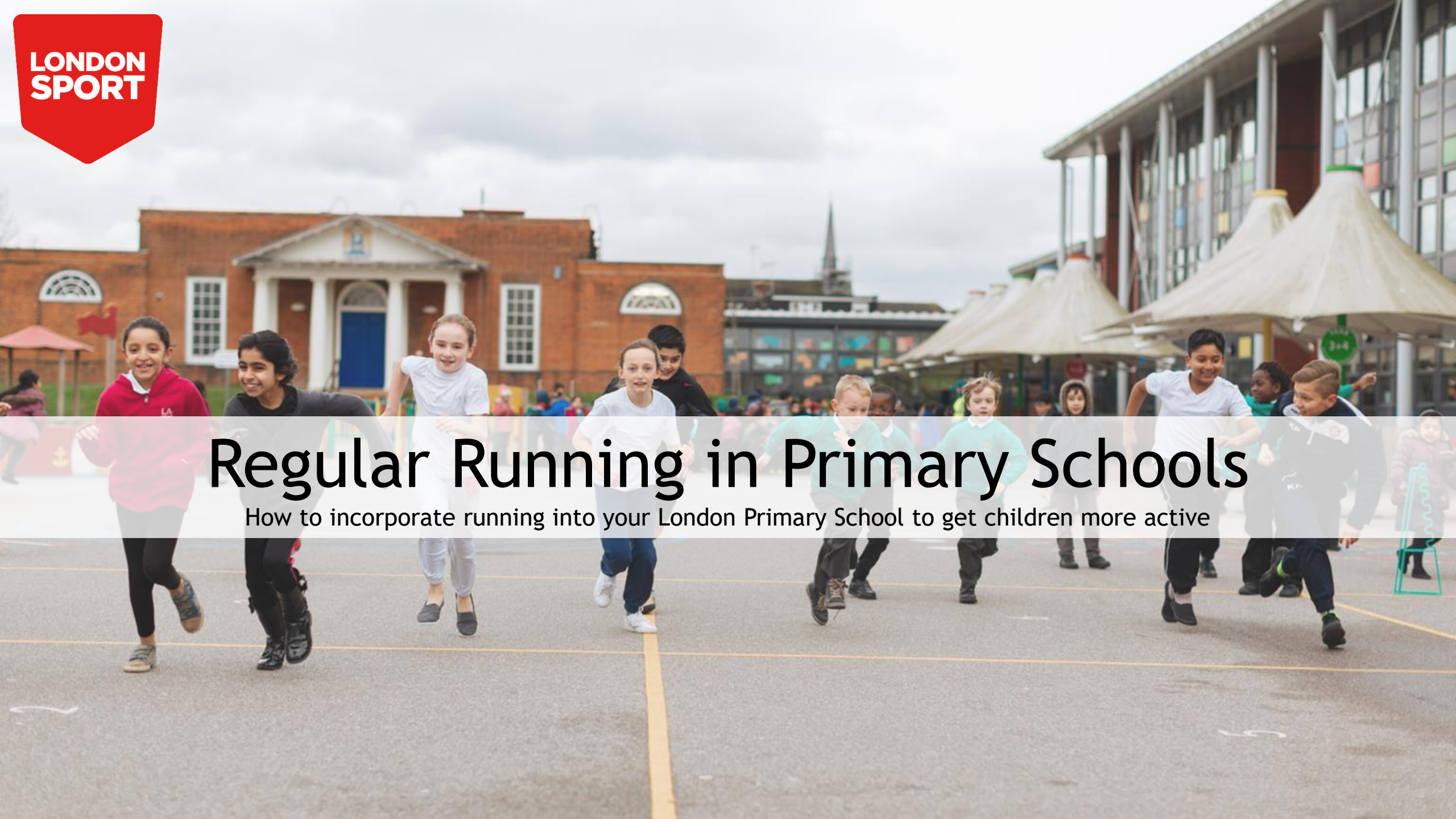


Regular Running in Primary Schools

How to incorporate running into your London Primary School to get children more active



Evidence shows that physical activity and sport have a positive association with pupil's academic attainment, social and emotional competence and self-esteem (Public Health England, 2014)

London Sport has a vision for **London** to be
*the most **physically active city in the world**.*

To make this a reality, we need to give the **next generation** every chance to make **physical activity and sport a part of their everyday lives.** Children and young people aged 5-11 need to be active for **at least 60 minutes a day** and the school environment provides an opportunity for them to achieve this. There are a number of options delivered by our partners across London to help you build 'regular running' into your school day.

This document outlines key details for each programme alongside contact details to get the programme up and running in your school.



The Golden Mile (Premier Sport)

A flexible regular running initiative that challenges schools to create a programme that suits the needs of their school. With the ability to measure the impact of the whole school, class by class and each individual pupil, schools can monitor their progress via The Golden Mile's online portal. A simple and all-inclusive initiative that can be designed to fit your school.

Take part if you want to: Create a flexible regular running programme to suit the needs of your school, whilst tracking and monitoring data

Age group: 3-11 years

Cost: £45 per class/annum

Resources/equipment required: A marked route (cones, painted line etc.)

Data to be collected: No. of laps run per child, school registers and demographic details all collected through The Golden Mile database

Contact: Chris Pipe cpipe@premiersport.org or 07983 726 655



The Daily Mile

All children run, walk or jog outside in their school clothes for 15 minutes every day, using their school playground, path or field. Most children average 1 mile in that time and return to their classwork with greater focus and concentration.

Take part if you want to: Have a free, daily, no-equipment-required programme taking place in your school, building pupils' base fitness and improving wider emotional, social, physical and mental Health and Wellbeing

Age group: 3-11 years

Cost: Free

Resources/equipment required: Route chosen can be painted or marked out if required (optional)

Data to be collected: No. of laps run per child/day (optional)

Contact: Elaine Wyllie elaine@thedailymile.co.uk (07402 330 678), or Holly Eager holly@thedailymile.co.uk (07825 315 284). For more information, visit www.thedailymile.co.uk



SchoolsRun

(delivered by London Youth Games Foundation & powered by parkrun)

At the heart of SchoolsRun is the desire to initiate relationships between children and physical activity based on fun and personal achievement.

By utilising parkrun's unique registration and recording technology, SchoolsRun will aim to support teachers and children to track and celebrate progress, participation milestones and measure these impacts against academic outcomes.

Take part if you want to: Play a key role in shaping a regular running programme in your school that can inspire participation and encourage personal development.

Age group: 5-11 years

Cost: Free

Resources/equipment: Young leaders can assist in delivering SchoolsRun in your school. Cones and a stopwatch required.

Data to be collected: Individual barcodes that link to parkrun's software system allowing the tracking of activity data both at SchoolsRun and parkrun events

Contact: SchoolsRun is entering its second phase of development in Sept 2016. Should you wish to secure a place on the waiting list please get in touch with Nicky Affleck nicky@londonyouthgames.org or 07794 485 195



Marathon Kids
(Kids Run Free)

An inclusive programme that challenges kids to run a marathon over the academic year by running laps of a course during their lunchtime (initially once per week).

Take part if you want to: Work with Kids Run Free to embed a running culture into your school by introducing a programme with a flexible infrastructure to suit your schools needs.

Age group: 4-11 years

Cost: Implementation and the Digital Recording System are free with the option to buy the Marathon Kids Starter Kit at £150 (this facilitates up to 250 children)

Resources/equipment provided: Marathon Kids Starter Kit - course markers, flags, race tape, reward stickers and lap bands

Data to be collected: Digital Recording System capturing: participation (male and female); distance run per child; total distance run by school; each year group's performance

Contact: Sam Young kidsmarathon@kidsrunfree.co.uk or 07711 349 592



England Athletics

As the National Governing Body for Athletics and Running we are here to support the growth of regular participation within the sport.

We have numerous projects within the schools regular running market, with support tools and resources available to help schools flourish.

We are able to help schools tap into local support, running route markers, promotional resources and case studies. England Athletics are here to offer free advice on local funding and delivery opportunities. We can also help with links to local clubs or establishing running groups for teachers and parents.

With London hosting both the IAAF and IPC World Championships in the Summer of 2017 on Queen Elizabeth Olympic Park, there has never been a better time to find out how England Athletics can help with running and athletics delivery in your school.

For further information, simply email
londonrun@englandathletics.org



Thank you for helping us to make London the #MostActiveCity in the world

For more information contact 0207 868 5055 and register for our Children and Young People newsletter