

## The Daily Mile

### **Summary and Recommendations**

The purpose of this report is to outline and provide Board Members with an update on the progress and implementation of The Daily Mile Strategy. The report is accompanied by a presentation from Fiona Paterson, Daily Mile Programme Manager (Scotland), Elaine Wyllie, Founder of the Daily Mile and pupils from St Conval's Primary, Glasgow.

This paper invites the Board to:

- i. Agree the importance of physical activity for physical, mental and social health within and beyond the school day;
- ii. Endorse and promote The Daily Mile Strategy

### **References**

No previous reports

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## The Daily Mile

### **Purpose and Background**

1. The purpose of this report is to outline and provide Board Members an update on the progress and implementation of The Daily Mile Strategy.
2. The aim of The Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of age, ability or personal circumstances. The Daily Mile is a social physical activity delivered in the school setting with children running or jogging – at their own pace – in the fresh air with friends for 15 minutes.
3. The Daily Mile has been a feature in schools for several years and a renewed commitment has been made by the Scottish Government to roll out this initiative. The Scottish Government funded a post *The Daily Mile Programme Manager for Scotland* to drive and deliver on the ambition of Scotland becoming the first Daily Mile Nation.
4. To support this, a new strategy (See Appendix A) has been developed which is based on a collaborative approach which involves partnerships and organisations with existing programmes. The strategy has two objectives:
  - a. To increase the number of primary and nursery aged children participating in The Daily Mile - Children Fit For Life programme
  - b. To increase the number of young people (11 years +) and adults participating in The Daily Mile - Fit For Life programme

Underpinning the objectives there will be a focus on developing strong, sustainable partnerships that can provide increased opportunities for participation. This is vital to achieve the ambition of Scotland becoming the first Daily Mile Nation and to ensure sustainability.

5. This strategy supports a range of policy areas including the National Performance Framework, [Active Scotland Outcomes Framework](#) and Public Health Scotland's priorities.

### **Current COSLA Position**

2. As a nation we continue to respond to the challenges and effects of the COVID-19 pandemic on communities and lives across Scotland. Physical activity has an important role to play in the long-term recovery of the virus. Collaborative working is central to success and is at the forefront of the strategy to ensure a greater focus on physical activity, as part of a national initiative towards positive health and wellbeing for children and young people.
3. The Children and Young People Board currently has no position on the importance and benefits of physical activity; however a paper also being discussed at today's meeting seeks a view from the board of the publication of the PHS, **sportscotland** and COSLA

document titled *The Positive Contribution of Physical Activity and Sport to Scotland* at Item 04.

### **What is changing?**

4. The evidence and data show that physical activity levels are declining (7% decrease in children – [Scottish Household Survey](#)), and the inequality gap is growing; COVID -19 is reported to be negatively influencing both of these factors. The Daily Mile can be implemented as a tool to increase physical activity in a sustainable way that is wide reaching and is accessible to all children.
5. As the Daily Mile's reach has grown so has the understanding of the initiative, as researchers across the world have begun to study the impact it has on children's health and wellbeing. More information regarding the impact of The Daily Mile can be found here <https://thedailymile.co.uk/research/>
6. Findings conclude: *'The Daily Mile appears to be a wide-reaching school-based physical activity intervention that is reaching more disadvantaged primary school populations in urban areas where obesity prevalence is highest. TDM-registered schools include those with both high and low educational attainment and are in areas with high and low physical activity.'* <https://jech.bmj.com/content/75/2/137.full>

### **Proposed COSLA Position**

7. The Daily Mile is currently in 24% of schools across Scotland. A focused and collaborative approach across local partners, education, public health, sport and physical activity is required to increase the uptake, resulting in more opportunities for children to be more physically active during curriculum time.
8. There is momentum nationally and locally at a political, policy and strategic level regarding the importance of physical activity on people's physical and mental health and wellbeing. This creates an excellent platform to encourage everyday activity to be part of new behaviour patterns. Encouraging and creating opportunities like The Daily Mile is key to increase levels of everyday activity and this can be done through joined up working with strategic and delivery partners and local authorities.

### **Next Steps**

9. COSLA officers will continue to work with The Daily Mile and strategic partners to engage and support The Daily Mile.