



Haringey  
LONDON

## THE HARINGEY ACTIVE MILE

Haringey Public Health is inviting primary and nursery schools to participate in an Active Mile to improve the health and wellbeing of all pupils in the borough and tackle childhood obesity. An Active Mile encourages children to jog, run or walk for 15 minutes, and evidence even suggests that this has a positive impact on pupils' concentration and attainment.

## WHAT IS AN ACTIVE MILE?

Doing an Active Mile is easy – all it involves is taking children into the playground or local park and encouraging them to walk, jog or run for around 15 minutes. Most children will run at least a mile in this time. The simplicity of an Active Mile means there is no need for any new resources or training.

An Active Mile is quick. The children run in their uniforms, so no changing is required. Some schools find it helpful to put a slot into the timetable, or you could do it when concentration starts to waiver: whenever suits your class.

Most importantly of all – children love taking part!

## WHERE DID IT COME FROM?

The UK government wants all schools to adopt an Active Mile initiative as part of the childhood obesity plan, which aims to tackle the obesity crises taking place in our schools.

## DOES IT REALLY WORK?

Active Miles work because they are inclusive of all children, require no equipment, improve concentration levels and raise attainment. Studies have shown that daily physical activity like an Active Mile improves children's concentration, behaviour, self-esteem, and raises attainment. This will also help reduce the negative health consequences of physical inactivity and sitting too often. Getting children active now will help them maintain good health and wellbeing as they grow up.

## HOW MUCH WORK IS INVOLVED?

The simplicity of doing an Active Mile means that it won't require significant extra work. Before starting an Active Mile, a walk-around risk assessment of the planned route should be completed, and any safety issues addressed.

Active Miles are non-competitive and inclusive -there is no measurement, spreadsheets or league tables required.

## IS IT REALISTIC TO DO IT EVERY DAY?

Your school will get the most benefit from an Active Mile if you can do it every day – but doing it just a few times a week will still have a benefit. An Active Mile is sustainable over time because the children enjoy it so much, and it helps to establish being healthy as part of the school culture.

## HOW DOES IT FIT IN WITH HEALTHY SCHOOLS?

Active Miles are being encouraged as part of the Haringey Healthy Schools Programme. Although it is not a replacement for PE, you may wish to introduce an Active Mile as part of your work towards a silver and gold Healthy Schools awards. Some members of the Haringey Obesity Alliance have started an Active Mile as their pledge to the alliance. If you are interested in joining, please email [Obesity.Alliance@haringey.gov.uk](mailto:Obesity.Alliance@haringey.gov.uk)

## ARE OTHER SCHOOLS IN HARINGEY DOING THIS?

Yes! There are a number of schools in Haringey where pupils are benefiting from an Active Mile. Turn overleaf for some top tips from local schools on how they successfully started participating.

## I'M INTERESTED, WHAT SHOULD I DO NEXT?

Active Miles are so simple that no one needs to be trained to start one in your school. You can just plan a route, complete a risk assessment and get started.

Please email [Healthy.Schools@haringey.gov.uk](mailto:Healthy.Schools@haringey.gov.uk) if you are considering implementing an Active Mile at your school.





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# TOP TIPS FOR YOUR HARINGEY ACTIVE MILE

## **FIT IT INTO YOUR TIMETABLE**

Some schools have found it useful to schedule a regular time for their Active Mile, such as straight after assembly, or at the end of a particular lesson. Other schools have the teachers decide when to take their classes out – it can be useful when concentration waivers in the afternoon to refocus the children.

## **START WITH A 'PILOT' IF YOU OR YOUR COLLEAGUES ARE UNSURE**

Sometimes other teachers may be sceptical about the benefits of an Active Mile or concerned that it might create extra work. Starting an Active Mile with just a few classes or one year group can be a great way to see the benefits in action at your school.

## **PLAN YOUR ROUTE AROUND THE PLAYGROUND OR SCHOOL BUILDINGS**

Most schools in London have small play areas, but lots have still managed to do an Active Mile! Look at the space you have and see how you could use it create a loop where the children can run laps. This also helps to create a supportive, inclusive environment, as children of different abilities can talk to each other, and no one is obviously in the lead.

## **MAKE IT A SOCIAL AND FUN ACTIVITY BY ALLOWING CHILDREN TO RUN TOGETHER AND CHAT**

Children enjoy regular physical activity, but talking helps make it more fun and inclusive.

## **HAVE A WHOLE SCHOOL ASSEMBLY TO TELL EVERYONE WHY YOU ARE DOING IT**

This ensures that everyone is on the same page and can be a fun way to engage the children.

## **ENGAGE PARENTS CREATIVELY TO RAISE THE PROFILE OF YOUR ACTIVE MILE**

Having parents support your Active Mile is a great way to show that you are a healthy school. You might like to consider having a launch event to start it. One great way to engage parents is to roughly calculate how many miles were run by pupils during a term, and celebrate this in the school newsletter.

