

# Primary schools encouraged to make 'Daily Mile' a runaway success

The initiative sees primary school children run, walk or jog for 15 minutes every day. It is inclusive, simple and free, with no equipment or set up required.

Minister for Social Services and Public Health, Rebecca Evans and Education Secretary Kirsty Williams have sent a joint letter to head teachers to encourage them to consider simple and innovative approaches to improve the health and wellbeing of children during the school day.

Minister for Social Services and Public Health, Rebecca Evans, said:

“We want to ensure children across Wales have good physical, emotional and social health and wellbeing. This is why we are encouraging to schools to take part in innovative schemes to help children be more active, such as The Daily Mile.

“The initiative builds upon the good work already taking place throughout Wales, such as the Welsh Network of Health Schools Scheme.”

Education Secretary, Kirsty Williams, said:

“Creating more fun opportunities for young people to get moving is key to ensuring they achieve the recommended 60 minutes a day of physical activity.

“Engaging with The Daily Mile will support primary schools to implement the new curriculum, which puts a focus on making physical activity a more routine part of the school day.”