

Implementation of The Daily Mile™: survey of primary schools in Greater London

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Background

The Daily Mile™ is a free school-based active mile intervention. Its main features include that children run or jog for 15 minutes at least 3 times a week (3x/wk) during school hours. The Daily Mile Foundation recommends 10 principles for successful implementation. These are that it is (1) quick (15 minutes), (2) fun, with (3) whole school participation, it takes place (4) in all weathers, (5) 3x/wk in addition to curricular lessons (not during PE, breaks, before/after school) and (6) ideally in the school playground. It should be (7) safe and (8) simple (no equipment), (9) children go at their own pace and (10) no change in clothes is needed. The aim of this study was to identify how many Greater London primary schools adopting The Daily Mile implement its 10 principles.

Method

In September 2020, we sent all state-funded primary schools (n=1721) in every Greater London borough (n=32) a survey to find out if and how they implemented The Daily Mile.

Results

By December 2020, 311 (18%) schools representing all London boroughs responded. Of these, 169 (54%) schools (at least one from every borough) adopted The Daily Mile. Only 10 (6%) reported implementing all 10 principles; a median 8 (IQR: 7,9) principles were reported implemented. Whole school participation was reported by 134 (79%) schools, 95 (56%) reported implementing The Daily Mile for 15 minutes, 110 (65%) implemented it at least 3x/wk, and 128 (76%) schools reported that the children ran or jogged during The Daily Mile. A large proportion of schools reported implementing The Daily Mile in the school playground and that it was done simply (both n=147, 87%), but only 73 (43%) schools reported implementing it during lessons.

Conclusions

Daily Mile schools in Greater London implement 8/10 principles on average. Whether implementing all the principles limits the success of its desired effect is unclear. Studies assessing effects of The Daily Mile should consider its implementation when reporting results.

1994/2000 characters

Main message

- Of The Daily Mile's 10 principles, an average of 8 are implemented in London schools.
- Studies examining The Daily Mile should consider implementation which may impact its desired effect.

189/200 characters