


Regular Running in Primary Schools

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

A group of children in school uniforms are shown in a schoolyard, with several children in the foreground having their arms raised in the air, suggesting a physical activity or dance session. The background shows a school building and other children.

London Sport has a vision for London to be
the world's most physically active city.

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)

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 a fantastic opportunity for them to achieve this.

There are a number of fantastic options delivered by our partners across London to help you build 'regular running' into your school day. Outlined below are key details for each programme alongside contact details to get the programme up and running in your school. Please have a read through the below information, **consider the options and sign up to give it a go!**

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 (approx. 1 mile) in school uniform for 15 minutes around the school playground/field every day.

Take part if you want to...have a free, daily no equipment required programme taking place in your school, building pupils' base fitness and wider emotional, social and physical health and wellbeing.

Age group: 3-11 years

Cost: Free

Resources/equipment required: Route painted or marked out

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

Contact: Elaine Wyllie elaine@thedailymile.co.uk or 07402330678. For further information, visit

www.thedailymile.co.uk

The logo for London Sport, featuring the words "LONDON" and "SPORT" in white, bold, sans-serif capital letters stacked vertically on a red shield-shaped background.

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London Youth Games SchoolsRun (in partnership with parkrun)

A programme looking to involve every person in the school community in an activity which contributes towards improved individual development, mental wellbeing, physical wellbeing, social and community development.

Take part if you want to....play a key role in shaping a regular running programme in your school that can inspire participation, encourage a strong sense of team working at form, year and school level, and can encourage personal development.

Age group: 5-11 years (primary school for the pilots)

Cost: To be confirmed in pilot.

Resources/equipment: Course markers, marshal vests, access to internet and ability to scan barcodes.

Data to be collected: Barcoded wrist bands that link to parkrun's software system that will allow the tracking of activity data both at SchoolsRun and parkrun events.

Contact: Nicky Affleck nicky@londonyouthgames.org or 07794485195



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Kids' Marathon (Kids Run Free)

A programme where kids are challenged 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...embed a running culture into your school by working with Kids Run Free to implement an easy weekly running programme. Kids' Marathon has a flexible infrastructure to suit your needs and allows you to track each child's progress

Age group: 4-11 years

Cost: £1/child

Resources/equipment provided: Digital recording system, course markers, posters, stickers, tracking booklet, lap bands, certificates and medals.

Data to be collected: Digital recording system provided by Kids Run Free capturing: participation (male and female); distance run per child; no. of sessions run; total distance run by school; each year groups performance

Contact: Sam Young kidsmarathon@kidsrunfree.co.uk or 07711 349592



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INEOS GO Run for Fun (The Great Run Company)

Organised and fun 1 mile (or 2km) events held across London to provide a mass participation experience for children- and associated positive experience of running.

Take part if you want to...get all children in your school involved in a free, one-off fun running event (with athlete guests and free T-shirt for all participants)

Age group: 5 -10 years

Cost: Free

Resources/equipment required: Educational health resources provided. Learning portal to be launched in Spring 2016.

Data to be collected: Pupil register at event.

Contact: Charlotte Allan

charlotte.allan@thegreatruncompany.com or

07834453340

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A group of children are shown in a brightly lit room, likely a school gymnasium, during a dance or performance. The central focus is a young girl with dark skin and braided hair, wearing a white t-shirt with a sequined patch on the chest. She is smiling broadly and clapping her hands. Other children in the background are also smiling and some are wearing white headbands. The overall atmosphere is joyful and energetic.

Thank you for helping us to make London the
#MostActiveCity.

For more information contact [02078685055](tel:02078685055) and register for our Education newsletter