

Outdoor activity in primary schools

How to adapt *The Daily Mile*™ to physical distancing guidelines

Gennaro Boccia, Ph.D.
Department of Clinical and Biological Sciences
University of Turin, Italy

Removing barriers to physical activity in the school setting

What is The Daily Mile?

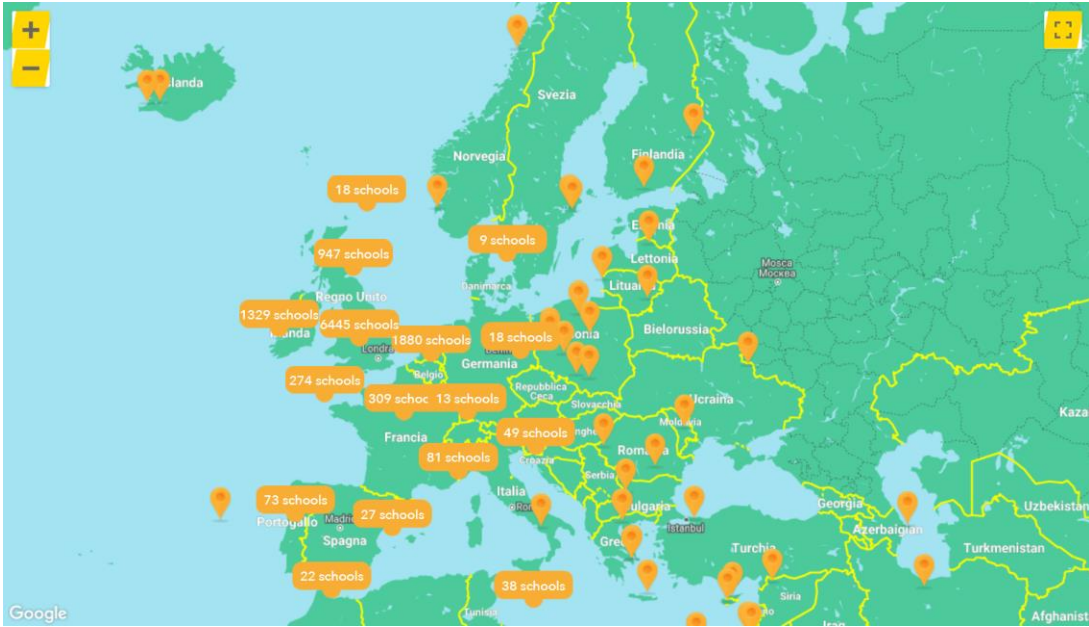
- The Daily Mile **consists of running or jogging for 15 min** (approximately one mile) at their own pace, outside the school buildings.
- Teachers choose when to get out
- It's an active break, **does not replace physical education**



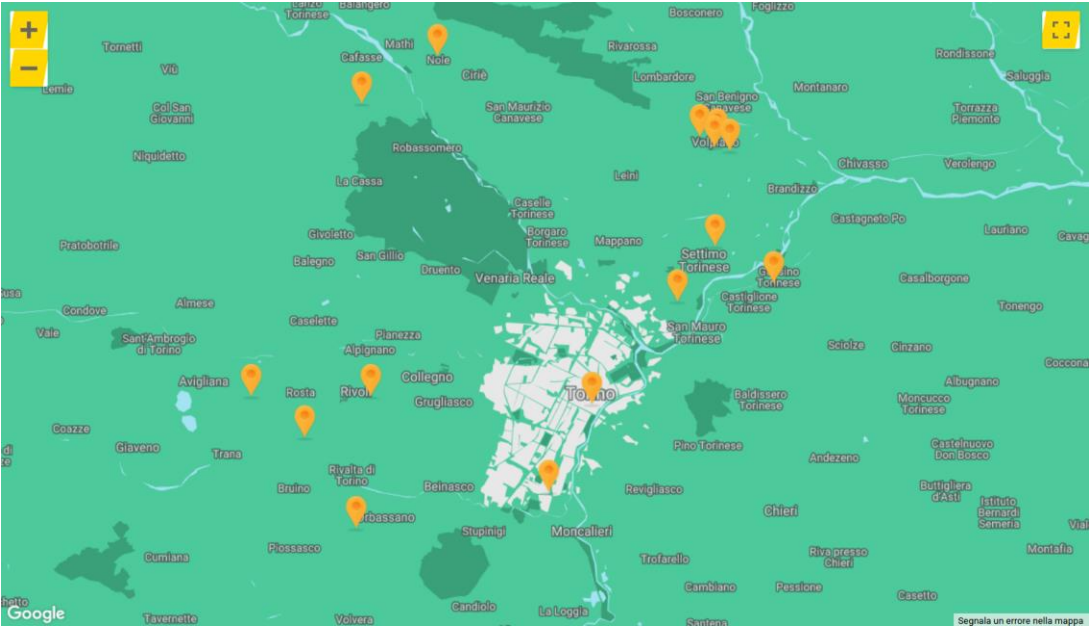
The track characteristics



The diffusion of The Daily Mile



Europe



Turin, Italy

The science behind The Daily Mile

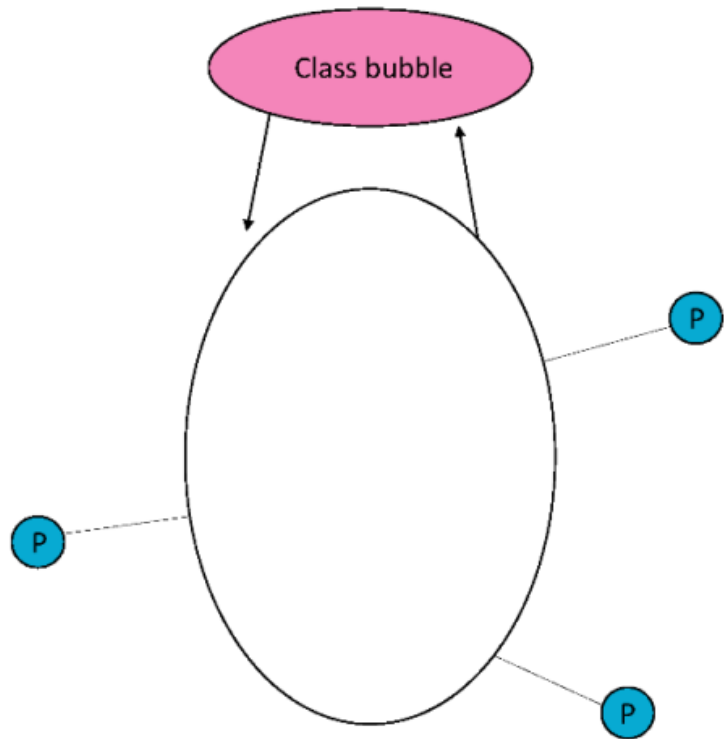
- It is able to improve cardiorespiratory fitness when practiced **three times a week** (Brustio 2020, de Jonge 2020)
- It makes primary school children **more active and less sedentary** (Chesham 2019)
- It can significantly improve a child's **mood, attention and memory** (Morris 2019, Booth 2020)
- It is **cost-effective** (Breheny 2020)
- It is **well accepted by teachers** (Brustio 2019)



How to adapt The Daily Mile to physical distancing guidelines?

Four ideas

Pitstops



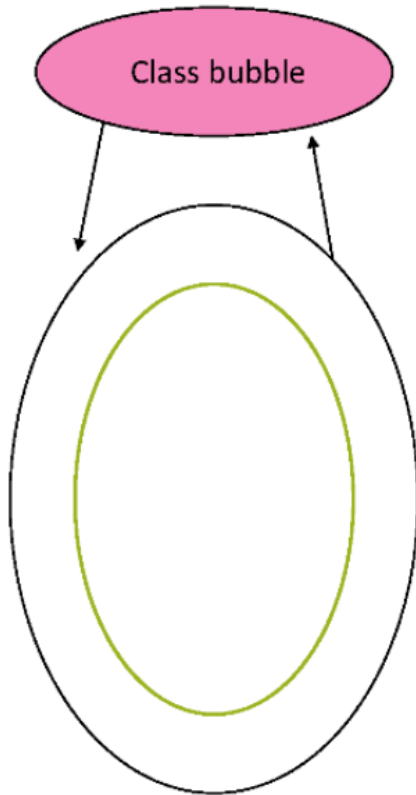
Idea #1 – Using pitstops

As the children run around the route as usual, from time to time some of them may need to stop and catch their breath.

Using any convenient marker, you can create a number of 'pitstops' every so often - 2m to the side of the route - where a child can go and stand for a few seconds before catching their breath and setting off again.

Pairs running in parallel

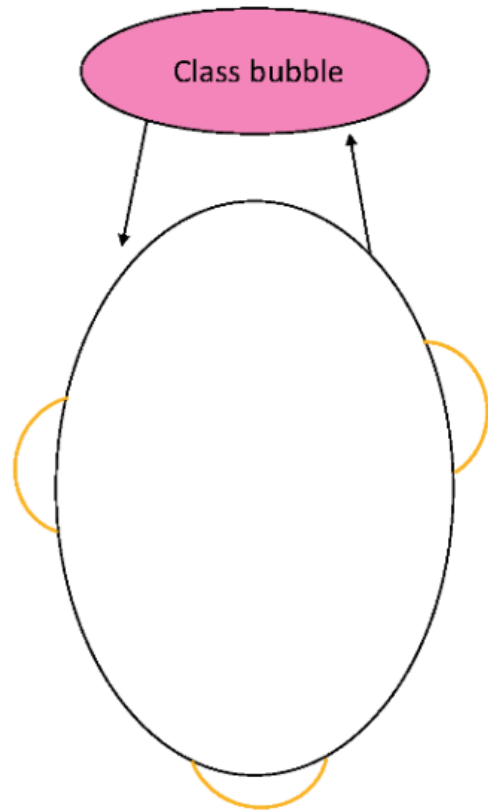
Idea #2 – Pairs running in parallel



This route consists of two separate, roughly concentric paths that are set out 2m apart using any convenient markers. This will allow the children to run round in pairs at about the same speed. It means they can chat to one another as they run round the route together.

As the children run around the route, from time to time a pair may need to stop and catch their breath. They can either step 2m away from the path they are on and wait until the next pair pass them or you can designate a few pitstops along the way where they can stand apart, for a few seconds, catch their breath then start up again. If they run at different speeds, of course, they may separate.

Passing places

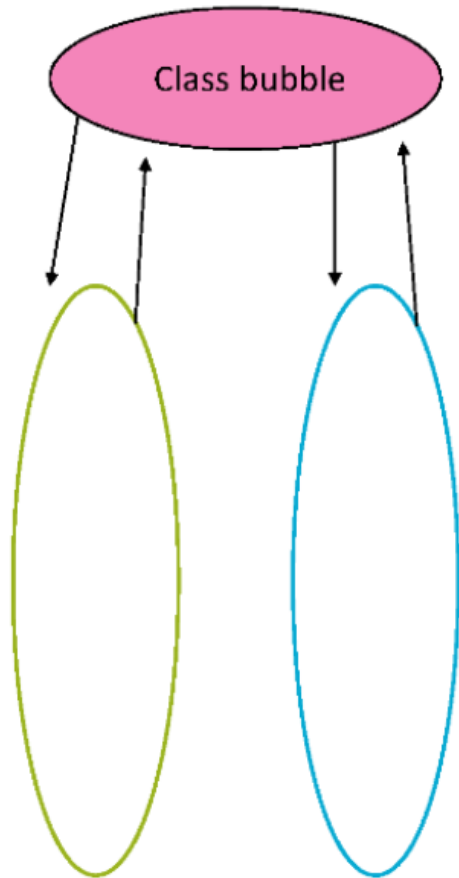


Idea #3 – Passing places

If a child is catching up with someone in front of them and needs to overtake, they have to jog along behind and wait until there is a designated passing place which they can use. The passing place will be about 10m long and 2m away from the runner being overtaken. Although our diagram shows only 3 passing places, you may need more and can decide how many of them you actually want.

Any children who need a moment to catch their breath can walk briefly on the route for a while and the others can run past in the passing places.

Two separate routes



Idea #4 – Two separate routes

This 'bubble' has two separate routes going away from it in different directions. Any children who need a moment to catch their breath can either step 2m off to the side of the route before re-joining it or they can go into the 'class bubble zone' and have a short break before setting off again. They can decide to go over to the other route if you feel that's appropriate.

There are various ways you can decide how these can be used. You can decide to set them up as a 'long' route, a 'short' route, a 'fast' route, a 'slow' route or even a 'run and jog' route or a 'jog and walk' route - or just make them identical. You decide!

The daily mile during COVID period

- The Daily Mile can be done while maintaining social distancing
- The ideas have been kept **as simple as possible** so that you can fit it into the school day with the minimum of fuss.
- The ideas are designed for use by class groups or “bubbles”



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Thank you for your attention!

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