



South Lake Primary School

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Mrs A Butler-Willis
Headteacher

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Dear Parents/Carers,

We are very excited to announce that we will be starting The Daily Mile in year 5 and 6.
What is The Daily Mile?

The children jog or run with their classmates in the safety of their school environment. Everyone has fun taking part – it is not P.E. nor is it competitive – while building relationships, confidence and resilience. This can be summed up in our 'Five F's':

- 1** *Fitness – children become more aware of a healthy lifestyle*
- 2** *Fresh Air – children thrive on the sights, sounds and seasons*
- 3** *Friends- children use the language of friendship to support each other, improving their social and leadership skills*
- 4** *Fun – children enjoy taking part – this is what makes The Daily Mile so successful*
- 5** *Focus – daily physical activity helps children concentrate in the classroom and is proven to raise attainment*

Parents say that The Daily Mile helps children to eat and sleep better and that often they become young ambassadors for whole family fitness! You can find out more information here - <https://thedailymile.co.uk/> Please ensure that your child's trainers are in school each day and they have a named water bottle.

Thank you

Upper Key Stage 2 team