



Working towards
**Healthy
High 5**

The 10-minute mile at Bitterne C of E Primary School

What is it?

All children at Bitterne CE Primary School take part in the 10-minute mile at some point during each and every school day. The 10-minute mile is part of the school's response to the Government's paper 'Childhood obesity: a plan for action', which highlighted the need for the current generation of school children to increase the amount of physical activity they participate in each day.

Following new playground markings, and a continued emphasis on physical activity across the school, each child has the opportunity to go outside, enjoy some fresh air, and either walk or run around the playground for 10 minutes. This, alongside other movements around the school including mindfulness minutes, will ensure that the children at Bitterne CE Primary School start to develop a habit for exercise, on top of those that parents have developed at home.

Children at Bitterne CE Primary School will complete the 10-minute mile at least three times per week with their class teacher, and twice during PE lessons.

Benefits

It is well-known that exercise can have a positive impact on health, with greater exercise levels linked to a reduction in the risk of long-term health conditions. Further to these well-known positive implications, studies have shown that routine, daily exercise can improve mental health and boost children's well-being. Some studies have also indicated that the daily exercise can improve children's focus and boost attainment.

As a school, we are delighted to support the well-being of children, and give them the best opportunity to build exercise habits for life.

What if it's raining?

The aim of the 10-minute mile is to ensure that children are building an exercise routine and, where possible, we will aim to complete this 10-minute activity outside; however, if the weather conditions are poor, we have a variety of options for completing this activity in classrooms.

Footwear

In line with other local schools that have adopted their own daily mile-based activity for pupils, Bitterne CE Primary School pupils will complete the mile in school shoes, except when the mile is in PE lesson time. This is to ensure that the mile is completed swiftly and can aid learning in the school day. It is important to note that children can walk, jog or run the mile and this is part of the school's reasoning when requiring the children to complete the mile in school shoes.

If you have any questions about any of the above, please do not hesitate to contact your child's class teacher.