






The Daily Mile started in 2012 in a Scottish Primary School. They built a circuit for the children to jog a mile every day. It was created to increase fitness and health.

At Life Skills Manor School, students participate in the Daily Mile on the school field for 15 minutes every school morning. Students have the option to jog, walk or run!

It is a great opportunity to:

-  Be social and talk to peers and staff
-  Improve self-efficacy, confidence, and wellbeing.
-  Improve body composition bone density, muscle strength and cardiovascular health.

Tip:

*During the Autumn and Winter Terms, students are encouraged to bring a spare change of shoes (e.g. wellies or a spare change of trainers).*