



Cubitt Town Junior School



- ▶ **Our journey to managing the Daily Mile (or what felt more like building Rome)**

A thought for the day ...

- ▶ **TODAY'S CHILDREN MAY BE THE FIRST GENERATION TO HAVE A SHORTER LIFE EXPECTANCY THAN THEIR PARENTS.**

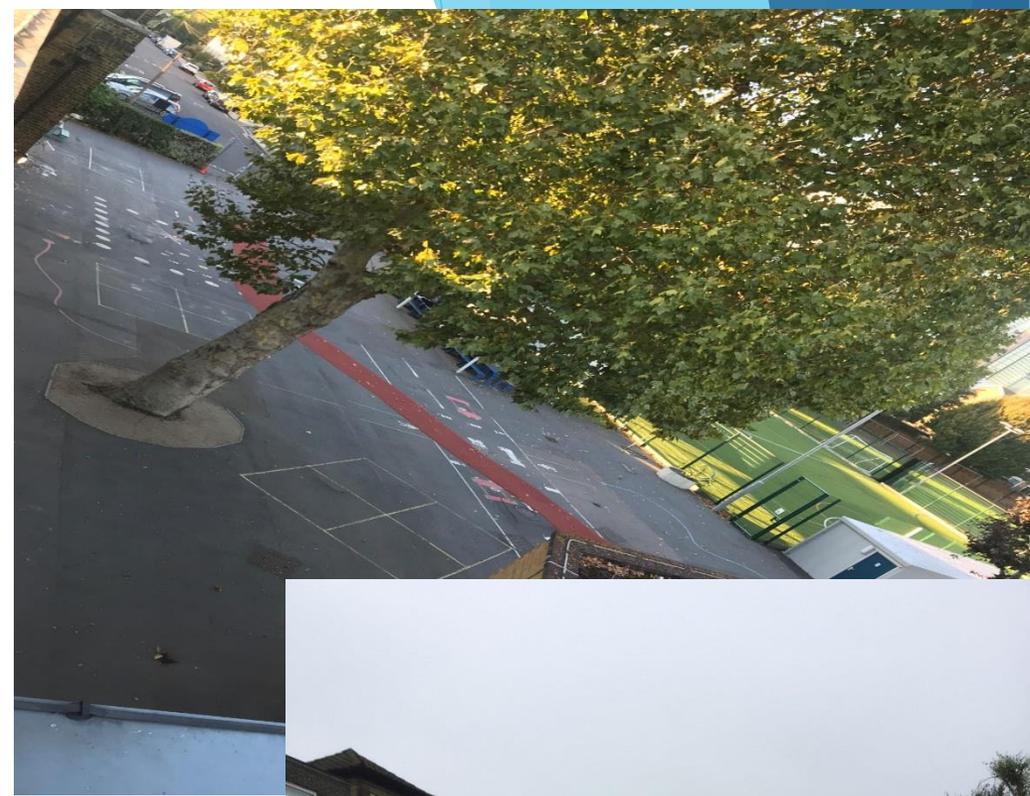
WHY CTJS CHOSE TO DO THE DAILY MILE

- ▶ Tower Hamlets has one of the highest obesity rates in London - our year 6 obesity rate was above average
- ▶ Afternoon learning sessions were less productive
- ▶ After school club uptake was decreasing
- ▶ Lack of fitness evident - sports day, trips etc
- ▶ We were not winning Borough wide competitions
- ▶ Increased anxiety and stress related problems with our children
- ▶ Financial restraints affecting all schools meant less money to spend on physical - It was FREE



How we did it ... attempt 1. (Rome wasn't built in a day)

- ▶ SLT timetabled each class downstairs for 15 minutes (13 classes - 15 minutes , 3x a week - logistical nightmare)
- ▶ Chalk marked a track on the concrete - didn't work too well in London's winter
- ▶ Drew a map of a track for summer (use of field when not raining)
- ▶ Told my teachers to get to it



IMPACT: NONE,ZERO,NOTHING

- ▶ By week 3 :
- ▶ enthusiasm had died
- ▶ the chalk track had washed away
- ▶ teachers complained it ate into learning time (had to stop lessons half way through etc) and so it stopped been done consistently
- ▶ OK to be honest - it stopped happening AT ALL.

*excuse my
lack of enthusiasm*

Building Rome part II -Back to the drawing board!

- ▶ I realised I needed buy in - spoke to the LBTH Healthy Schools Team to help me set up an action plan
- ▶ Spoke to our teachers about the benefits of physical activity on learning, focus in class and mental well being (staff meeting)
- ▶ Made it a school development point - took it to Governors
- ▶ Asked the teachers to try and fit in 3 sessions of 15 minutes a week - no timetable- so could be first thing, after break, during lunch ,after lunch , during lessons , as part of a lesson etc
- ▶ My PE lead began ensuring children ran the 'track' during PE as a starter, supported teachers in planning active learning lessons - using the 'track'
- ▶ I bid for funding for a track
- ▶ SLT role modelled by running with the children



Tallow Chandlers to the rescue

We were lucky enough to secure match funding for the running track , which was installed in a matter of weeks.



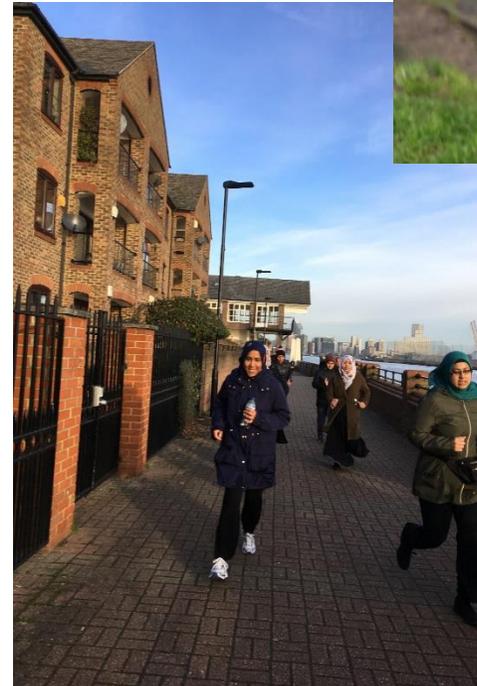
Rome's foundations are laid ...

- ▶ Teachers , given the freedom to timetable themselves, began to ensure the children ran/walked 3 x per week - sometimes even joining in themselves 🤪
- ▶ The children started to see the Daily Mile as something that just happened sometime during the day - so made sure they wore the correct shoes to school each day
- ▶ Teachers began planning lessons around the Daily Mile - Mac Beth's witches appeared on the track, science lessons around measuring pulse rate happened after running , Maths lessons on how long it takes to run 100m, 200m, 300m
- ▶ Running started happening in our school



Rome continues to be built...

- ▶ Children start a running club - CTJS wins the cross country competition
- ▶ Community house starts a parent running club - 15 parents run once a week during the school day
- ▶ Staff running club - 5 members complete the half marathon
- ▶ 15 children take part in the Virgin Mile on a Sunday during half term!
- ▶ Teachers run weekly



Not quite Rome... But we're proud

- ▶ Increased uptake in clubs - up to 78% of children now take part in an afterschool club
- ▶ All children run/walk at least 3 miles a week
- ▶ Concentration in the afternoon has improved
- ▶ Children enjoy running and often try and beat their personal best
- ▶ Teachers get to spend some time outside running with the children
- ▶ Staff running team
- ▶ Improved SATs results
- ▶ Improved fitness levels - measured by PE teacher
- ▶ Cubitt Town is once again winning medals for inner Borough competitions
- ▶ We met Mo Farah and Sadiq Khan



Why it worked this time :

- ▶ It is in our school development plan
- ▶ All Senior leaders, teachers, teaching assistants - even the office staff are on board
- ▶ My Governors see the benefits
- ▶ We don't make excuses not to do it
- ▶ The children are now so used to it , they ask if they haven't been out
- ▶ It has become part of our lesson planning
- ▶ The track has made an incredible difference - but it did start before the track
- ▶ It costs nothing

Don't just take my word for it!

