

The Daily Mile – Stokes Wood Primary School
(ITV Central News feature - transcript)
<https://schools.leicester.gov.uk/dailymilecasestudy>

News presenter: Now we are all being encouraged to walk more and exercise more. Experts say it is much easier to maintain if you start at a young age and stick to it. One school in Leicester is doing exactly that Stokes Wood primary has signed up to a campaign called “The Daily Mile” backed by ITV to get children more active and Rajiv Popat has been to see how exactly how they do it.

News reporter: It is just after lunch and these 5 – 7 yrs are taking part in a keep fit session called the daily boost They do a different physical activity each day for 15 mins after their lunch

Child 1: “Gives you energy and what do you do with all the energy. It makes you work It wakes you. I just like to do sport. Sports is what keeps you fit. Probably swimming. They love running and so far they have clocked up

Child 2: It makes you more fit and healthy. It keeps you happy and energise It helps you to be healthy and helps you to be energise. Keeps you fit and it helps you to keep ready for work. Enjoy running and keeps you fit. It keeps me fit”

Jane Gadsby (Headteacher): When it comes to children in class they keep them alert. They are more switched on ready to learn.

For the last 2 years the school has been involved in the daily mile campaign which encourages children to be more active they love running and so far they have clocked up 46,000 miles.

“It helps to be healthy and energise. It keeps you fit and helps you get ready for work I enjoy running because you get fit and it keeps your muscles strong. And you have fun.”

The important thing for me to build a lifelong habit of activity of physical exercise and that it isn't just for elite. It does not matter that you are big or small It is for everybody, everybody can do it and keep yourself healthy do some activity.

LCC representative: said that 26 schools have signed up for this scheme but they want more to sign up. It is an easy initiative .It is free for schools and children. It is a quick and simple initiative where a small change which makes a big difference.

News reporter: This school says it is the best thing it has ever done. It won't be long before they have run 50,00 miles.