

Langham Village School is raising funds for a Daily Mile track

What is The Daily Mile?

The Daily Mile is a physical activity programme originating in Scotland and now promoted throughout all schools. The aim is that each day, during class time, pupils run or walk outside for 15 min (1 mile) at a self-selected pace.

Research has shown that primary school children undertaking the Daily Mile challenge are more active, less sedentary and have improved fitness and body composition. It has been linked to better concentration and focus in class and positive wellbeing.

Why do we need a track?

We need a track so that children can participate in the daily mile everyday whatever the weather conditions. 8 laps of the track will mean that children have completed a mile.

Will the track interfere with the existing sporting facilities and green areas of the school field?

No, the track is narrow (1.5m wide) and will be around the outside of the field away from the existing sports area.

What is the environmental impact?

The track is constructed from recycled tyres, has a long life span and only a small amount of turf will need to be removed. It is easy to maintain and will not be slippery when wet.

How much will it cost?

We need approximately £10 000 and we are about 60% of the way there already, having received donations from The Norfolk Super Heroes, The Red Socks, Blakeney Spar, Langham School Friends and Parent donations.

