



# the GOLDEN mile

Safe, simple and measurable health & physical activity initiative accessible to all age groups regardless of ability.



Schools...



Nurseries...



Charities...



## The Golden Mile - supporting schools to evidence impact of the sports premium

In September Ofsted announced that it will continue to invest in enhancing the benefit of Physical Education and sport in schools. Schools will have to spend the funding on improving their provision of physical education and sport, but they will have the freedom to choose how they do this.

The government has encouraged schools to firstly consider the following steps and consider how to improve provision in curriculum physical education, school sport and health-focused physical activity.

**Step One:** audit, through a self-review, your existing provision in all three of these areas and their impact on all young people's attainment in your school.

**Step Two:** prioritise the areas to develop and action.

**Step Three:** identify the good or outstanding provision to ensure sustainability in these areas.

**Step Four:** demonstrate how effectively the funding has been used.

### This will involve some key measuring, e.g.

- The impact of school sport partnerships in maximising participation and increasing regular competition.
- Contribution to pupils' personal development and well-being.
- Achievement throughout PE lessons.
- Changing of negative attitudes to positive towards learning.
- Regular and increased participation during competitive lessons and enrichment activities.

**For as little as 5% of your new sport premium funding, your whole school can access The Golden Mile for one year. This equates to as little as £3 per pupil.**

In line with step four listed, The Golden Mile provides measurable solutions to support head teachers in delivering new Ofsted requirements via an online data management system providing data analysis for the whole school, class by class and individual pupils.

## Baseline measurement

Your school can monitor the fitness levels via our 'Base Line Measurement' resource. The unique Base Line Measurement that is personal to the school can identify the base level of all your pupils fitness providing a comprehensive report looking at key stages, proportion of disengaged vs. sporty children, class comparisons, challenging other schools, historical data, access to certificates, class registers and much more.

These measurements can be monitored and progression throughout the school year allowing the school to plan long term physically activity strategies for ALL children in the school. With the information to hand on the levels of fitness of each child the school can dedicate Sports Premium Funding to target specific groups of children to engage them in physical activity.

### Key benefits of the Baseline measurement:

- Identifying activity levels of every child
- Highlighting areas of focus within the school
- Supporting the schools to ensure Sports Premium can impact every child not just the sporty
- Monitor Impact
- Measure Impact
- Ofsted Sports Premium accountability report
- Providing solutions to improve areas of focus

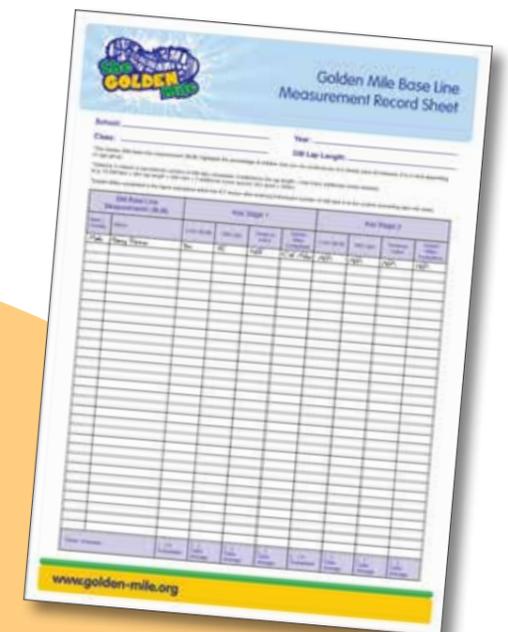


## Discover how we can support your school.

Visit [www.golden-mile.org](http://www.golden-mile.org) and login using the following details:

**Email:** test@tests.org

**Password:** September





## Fundraising for your school

School Fundraising is possibly the simplest, quickest and most cost effective way for schools whether that is for new sports equipment, to fund your sports provisions or to recoup your initial investment in Golden Mile.

With our unique portal you can see who can achieve the most Golden Miles in a set time period as well as seeing who can raise the most money. Golden Mile can be the biggest budget generator of your school year - with no need for volunteers and also you could even fundraise with another school by using the school vs. school challenge. Children are 25% more likely to be encouraged to engage in regular physical activity if they are raising funds at the same time.

## Parents can also get involved

Parent email addresses can be associated to each pupil and as soon as their child reaches a certificate milestone they will receive an email. Parents are also invited to take part in the Golden Mile before and after school with their child, invited to fundraising days and attend reward assemblies. The whole family can get involved in, as miles can be completed at home as well as in school.

## Why primary schools use The Golden Mile.

- Gets EVERY pupil active – pupils can walk, jog or run a personalised Golden Mile track within the safety of the school grounds
- Simplicity is the key – schools choose when they want to participate in The Golden Mile. Some schools allow pupils to come in before the day begins and clock up some miles with parents, others use it as structured play during break/lunch time and some even use it as a regular PE lesson or after school club.
- In any weather - flexibility is what schools love about The Golden Mile. Schools choose to run The Golden Mile in the sports hall, on the playground or on the school field.
- Measures every child's fitness levels – schools gain access to an online Golden Mile portal. This is personal to the school and contains all the information including pupil and class comparisons, challenging other schools, uploading Golden Mile laps, historical data, access to certificates, class registers and much more...
- Inclusive for all – The Golden Mile isn't about who crosses the line first, it's about encouraging all pupils, sporty or not to lead a healthy active lifestyle. We hear some heart-warming stories of disengaged, sedentary pupils completing milestones.
- Recordable and measurable data – the personal online school portal keeps track of all pupils' physical activity data. Take a free website tour for a closer look.
- Rewards pupils – children are challenged to achieve varying certificate milestones with the aim to complete 50 miles in one year and 150 miles over 3 years. We encourage schools to hold regular certificate ceremonies to congratulate pupils completing a milestone.
- A pupil-led initiative – The Golden Mile is proven to work most effectively in schools that empower selected year 6 pupils to run the initiative. We call these 'Golden Mile Monitors' and there are resources available on the website to help elect these monitors.
- Enhance pupil's physical activity reports – The Golden Mile allows schools to produce personal physical activity reports for every pupil. This level of measurability assists with new Ofsted requirements and also supplies parents with detailed reports at parents evening.
- Encourage parents and pupils to walk to school – we know schools have limited parking spaces outside the gates, that's why we encourage parents to drop the car keys, pick up their trainers and walk to school.



'There is evidence of a substantial positive association between parental and social support and physical activity in young people. For girls in particular, the main facilitators to being physically active are likely to be social and family influences (for example, having a peer group who approve of activity or having active siblings and supportive parents).'

**Department of Health (2011). Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers.**



## Testimonials

“The Golden Mile represents an excellent opportunity for children of all abilities to get fit and be active. The project is simple, effective and accessible to all schools, children and parents.

It really is an innovative and interesting project that will be embraced by both children and schools.”

**Olympic Gold Medallist  
Duncan Goodhew MBE**

“The children, staff, parents and past pupils of Parwich Primary School gathered at their local Cricket pitch to take part in a Spotty sponsored Golden Mile to raise money for Children In Need. Everyone who took part were proud of their achievements. Some donated £2 each to take part, others filled sponsorship forms. We have estimated that this event will have raised an outstanding amount of £450.”

**Laura Jones, KS2 and PE Co-ordinator, Parwich Primary School**

“Implementing The Golden Mile was so easy and the pupil monitors have reported their enjoyment in leading the lunchtime sessions. The staff have been supportive and can see the benefits to all the children in terms of fitness, fun and challenge. Our monitors have often volunteered for extra sessions and asked teachers to allow their classes time in PE lessons to complete a few more laps. Whilst this is a new initiative at our school I can foresee it continuing for a long time.”

**Neil Trusler, PE Coordinator, Crowlands Primary School, Essex**

“We have now been running The Golden Mile challenge across our school since the new year. The pupil monitors have successfully set the course out on a daily basis during our lunchtime periods, and have been able to input the data for each child online. The pupil's Golden Mile certificates will be handed out during our celebration assembly before the end of term.”

**Debbie Savage, Head teacher, Great Witchingham CofE Primary School**

“The future health and happiness of our children couldn't be more important, and the Golden Mile has already proved itself as the sort of vital fitness initiative which could make all the difference. The most simple initiatives are often the best, and I urge all children to get involved and get fit while they have fun with the Golden Mile.”

**England Rugby World Cup winner, Lawrence Dallaglio OBE**



## Sustainability

The investment required to implement the Golden Mile in schools is on average £3 per pupil per year. To ensure long term sustainability Schools can fundraise to pay for the initiative year after year by simply holding a fundraiser during the school year and asking each pupil to raise £3. All fundraising forms and guidance are downloadable from the schools homepage.

## Community investment

We are committed to engaging with communities through physical activity and sport with the focus on rewarding personal achievement, pupil leadership, raising essential funds and school competitions.

Our community investment builds on good practice from previous activities e.g. a £100,000 Premier Sport pledge so schools can access The Golden Mile. This means Premier Sport match any investment from a school or SSP.

## How to register your school...

**Step One:** Register your school for the Golden Mile.

**Step Two:** Download the fundraising forms from the resources section of your school pages.

**Step Three:** Choose a day/week to start your fundraising event and circulate forms to parents.

**Step Four:** Collect the funds from parents and donate to the Dame Kelly Holmes Trust or towards your school funds.





Please contact us if you have any enquiries or if you want to know more about The Golden Mile.

Name of school: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_