



Healthy heroes assemble...

The Golden Mile is a safe, simple and measurable health and physical activity initiative accessible to all age groups regardless of ability. Every pupil can get involved by walking, jogging or running around their Golden Mile track within the safety of the school grounds. The Golden Mile is all about encouraging everyone to lead a healthy and active lifestyle, not about who is the sportiest or crosses the finish line first. It's engaging, rewarding and thoroughly heart-warming to see disengaged children excelling through sheer determination and self motivation, as is often the case.

Premier's Golden Mile aims to inspire and encourage school communities through physical activity with the focus on fun, rewarding personal achievement and school competition while reinforcing the Department of Health's message that children should engage in regular daily physical activity habits across the week, every week.

Fun

Friendship

Mass participation

Non competitive

Physical development

Social development

Emotional development

Engages the disengaged

Leadership

Improves academic attainment

Increases concentration

Improves behaviour in class

The Golden Mile is loved by schools for so many reasons...

It's flexible.

Whatever the weather schools can run The Golden Mile on the playground, school field or in the sports hall, no kit is needed either!

It's simple.

Before school, during break, lunchtime, after school or even to revitalise pupils during lesson time. The Golden Mile is so simple it can be completed at a time that suits you.

It's measurable.

Schools receive access to the online Golden Mile portal, personalised to your school the portal keeps track of all pupils' physical activity data. It enables pupil and class comparisons, the ability to challenge other schools, track the total number of Golden Mile laps and to analyse historical data.

It's rewarding.

Children clock up miles to reach milestones with the aim to complete 150 miles in an academic year, with certificates available to reward and encourage participation.



The Golden Mile gets

over 42,000
children active per month



Enough miles have been completed to **travel**
around the world

253 times!

How far will you go?

Premier's Golden Mile can get parents involved too - from participating when dropping off or picking up their children at school, to receiving automated emails as their child reaches milestones. Additionally, the Golden Mile is a pupil-led initiative and can empower pupils through allowing them to run the process, as a 'Golden Mile Monitor' they will improve leadership and communication skills as well as developing a sense of responsibility and confidence.

Fundraising for schools is possibly the simplest, quickest and most cost effective way for schools to recoup the initial investment in Premier's Golden Mile or to purchase new sports equipment and provisions. With our unique Golden Mile portal you can see who can achieve the most Golden Miles in a set period, as well as who can raise the most money all with no need for volunteers. With children being 25% more likely to engage in regular physical activity if they are raising funds at the same time there is few better opportunities to get children healthy and active.

