



working in partnership  
with



Driving participation in  
regular physical activity  
through running.



Safe...



Simple...



Measurable...





## Creating a running community

Running offers an easy to implement programme of regular physical activity that creates good habits in our children week and reinforces the message from the government departments that children should engage in regular daily physical activity.

That's why the creation of a school based running community is a logical AND simple ALL YEAR ROUND solution for every school in the city.

Sport Birmingham, Run Birmingham and Golden Mile are bringing their ideas, resources and expertise together for your school to benefit.

The work allows for every pupil to enjoy being physically active, within the constraints of other pressures of curriculum time work.

There are numerous health benefits for Children supported by running. These include reduced body fat and the promotion of healthy weight, enhanced bone and cardio-metabolic health, and it has been proven to enhance concentration levels and psychological well-being amongst young people when in the classroom.

The combination of resources will offer advice and guidance to staff as well as bringing the friends of your school into this by offering a running community amongst parents, staff and support teams – can motivate and be motivated by the increased activity levels of the children.

### Remember that government guidance now states that:

- All children should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children should minimise the amount of time spent being sedentary (sitting) for extended periods.
- By the time children start school, however, they are developed and mentally ready to benefit from more intensive activity, over shorter periods, so a daily minimum of 60 minutes of moderate intensity activity is recommended.

## Key Partners

The key partners to this work would like to explain how they intend to work together and how your school can utilise each element to maximise impact and long term health:



### Run Birmingham:

The City wide project aimed at getting people moving: Novice, Intermediate and current runners being encouraged to run, run together, run more, run better or indeed help others to run!



### School Loops:

A simple idea – the laying of a marked route on every school site. Offering a measured loop that can be used every day by every child.

Support through physical resources to encourage “endurance running” for fitness (EA awards docs) and Staff/Parent Training.



### The Golden Mile:

Physical and virtual resource and school support that can help teachers help children to use their School Loop to instigate a running habit that encourages a lifelong love for physical activity.



### Sport Birmingham:

The CSP for the City with a remit to get kids active, working in partnership with Education and the surrounding community: Schools, Teachers, Clubs & Coaches.

**School Loop** will create a fixed start and finish point linked with white arrow lines that utilise the school site to create a running route for regular safe use by every child, every day.

The running programme should be coordinated by a designated member of staff who will have access to RB and Golden Mile support to engage and motivate kids, staff and support staff/parents.

The Golden Mile provides clear guidance and simple record keeping systems to track the running programme in every school:

- Baseline protocol to initiate the programme and help set goals for every child
- Access to a managed online portal
- Measurable data for every child in the school
- Reward structure for personal achievement
- Great support resources – updated regularly
- Regular communication to keep schools updated
- Access to the Golden Mile support team

Resources will be produced and updated regularly. The Golden Mile provides:

- Wall Charts
- Parent Letters
- A Teacher Set Up Guide
- A Class Register
- Lesson Plans

The Golden Mile & School Loop are supported by cross curricular lesson ideas that can be incorporated with classroom based activities. These are in turn re-enforced by the Endurance Running initiative from British Athletics which can enhance the programme and offers performance and progress based rewards.

**Run Birmingham** will be supporting these messages by working with staff and parents to offer access to regular running opportunities in the area local to each school. RB can train Leaders (LiRF) and support initial programmes to get everyone running.

**Sport Birmingham** is further driving the adult running message with its Workplace Challenge designed to encourage businesses to encourage their staff to run, be healthy and where families are involved – create an effective and long term passion for physical activity.



working in partnership with  
**SCHOOL LOOPS**



**For questions and more information contact:**

**Sport Birmingham**  
Andy Paul  
E: [info@sportbirmingham.org](mailto:info@sportbirmingham.org)  
W: [www.sportbirmingham.org](http://www.sportbirmingham.org)

**The Golden Mile**  
Jeff Abram  
T: 07816 213616  
E: [jabram@premiersport.org](mailto:jabram@premiersport.org)  
W: [schools.golden-mile.org](http://schools.golden-mile.org)

The Golden Mile is part of the **Premier® Education Group**

