



# 'Mile a Day' at Castle Wood



## Why?

At Castle Wood Academy, we are doing the 'Mile a Day' initiative to promote health, wellbeing and fitness among our students.

Regular physical activity not only improves cardiovascular health but also boosts concentration, mood and overall academic performance. We aim to instil positive habits that can last a lifetime, fostering both physical and mental resilience. This initiative supports our commitment to a holistic education, ensuring that students grow not just academically, but also in their physical and emotional wellbeing.

## When?

Although referred to as 'Mile a Day', our children are actually completing 5 minutes of physical activity in the morning and five minutes in the afternoon.

Children are encouraged to walk, run, jog, skip etc. around the playground for a five minute period.



## What should children wear?

Children will wear their usual school uniform, including footwear that is appropriate for playing and running around.

*Please note that our school uniform policy **does** include black trainers.*

