

The Golden Mile



The Golden Mile is all about rewarding personal achievement and encouraging pupils to take part in physical activity.

We run from the steps, along the perimeter of the playground and on to the tarmac path back round to the steps. This track has to be run six times to make one mile.

Everyone can walk, jog or run at their own pace but the idea is to build fitness as you complete your miles.

Here's how the Golden Mile competition structure works:

- Years R-6, can run the Golden Mile on Monday to Friday lunchtimes.
- Year 5 and 6 have monitors to keep track of the miles completed, to encourage others in their fitness and to organise the certificates.
- We reward pupils with a bronze certificate for completing **10 Golden Miles**.
- We reward pupils with a silver certificate for completing **25 Golden Miles**.
- We reward pupils with a gold certificate for completing **50 Golden Miles**.
- We hand out certificates to congratulate pupil's achievements in our Celebration Assemblies.

How long will it take you to run **10 Golden Miles**?

Can everyone achieve **50 Golden Miles** in a year from when the school signs up?

Can every pupil reach their **150 Golden Miles** certificate during their primary school career?

Pupils are in charge of keeping track of their miles run. We keep a chart to see how everyone is doing. We sometimes do the Golden Mile in our PE lessons too.