

EDP and the Golden Mile Schools Initiative

We are writing to you regarding the above school based initiative which is being supported by the EDP. The concept of the initiative is very simple, it is trying to encourage young people to be more physically active by running, jogging, skipping, walking even dribbling a ball. Young people are rewarded through a series of certificates upon reaching milestones such as 10, 25 or 50 miles over a time period appropriate to the individual. It is recordable by the young people themselves and you can monitor the uptake and pupil progress through the web-based support.

As the Senior County PE Adviser my team and I are supporting this free initiative and see it as a non-disruptive programme which can support all our mutual aims of helping young people stay safe and healthy, enjoy and achieve and to encouraging young people to make physical activity an important part of their daily lives. The concept also sits well with our "Power of Five" campaign to encourage young people to be active five times a week and take up the governments five hour offer for PE and sport.

Therefore we are actively encouraging all schools to register and engage in the initiative. We want to achieve 150 schools registered via the website by January 2010 and hope that you will join us. Pupils at your school can engage in the activity at breakfast club, prior to the start of the school day, at breaks and dinner-time. It is not a replacement for physical education in any way but represents a really useful tool to actively encourage participation in a safe and simple health and fitness programme.

To find out more about the Golden Mile please visit the website and register for your free information pack, resources and access to this national programme. Remember it is free for schools to engage. Visit www.edp.golden-mile.org

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