



# Daily Mile Track

A fun way for children to get physically active

[www.edspaceltd.com](http://www.edspaceltd.com)

Call us today 0800 002 9621

# The Edspace Daily Mile Track provides a fun way for children to get physically active and improve their concentration levels in the classroom

The importance of physical activity for the nation's children cannot be underestimated. It increases fitness, improves well-being and gives youngsters the chance to develop coordination and fine motor skills whilst having so much fun they won't realise they are exercising.

## Ready, steady, GO

If your school is one of the many across the UK who are keen to implement The Daily Mile initiative to get your pupils out of the classroom and into the fresh air, then we can help. Edspace design & install daily mile tracks that children can run, jog or walk with their classmates to get them on the right track to a healthier lifestyle.

Our Daily Mile Tracks all have a wow factor and create a focal point on the school premises for pupils and their parents. Increasingly, when choosing a school, parents want to know what the outside space and playground has to offer, so the Daily Mile Track will show prospective parents that your school takes physical activity seriously.



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## A choice for safe, all-weather surfaces

Our track is constructed using a polyurethane bound rubber chip, which has impact absorbing qualities to minimise the risk of injury to anyone using it. The surface is porous so that rainwater won't settle and cause potential slip hazards, meaning the children can get active whatever the weather!

We also offer the option of an artificial turf track, which is much easier to maintain than natural grass and is ideal for shadier areas where grass may otherwise struggle to thrive.

We've worked with schools across the country, many of whom had challenges with finding the space and budget to implement a Daily Mile Track. We understand those challenges and offer a FREE service, utilising satellite technology, to determine the best route for your track, with your budget very much at the forefront of our plans.

## Short of space? Not an issue

If you are short of space, we can incorporate existing pathways and playgrounds into the route, there really is no limits to the shape or length of your track. We can even provide a range of colours so that your Daily Mile track matches the predominant colours of your school's logo or uniform.



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# The Daily Mile Challenge

The Daily Mile Challenge was launched to improve the fitness and concentration levels of primary school children who are encouraged to run a mile each day. The challenge is being adopted by primary schools across Britain in a bid to improve the fitness levels of the pupils.

Track Length	Laps Required
321.86m	5
268.22m	6
229.9m	7
201.16m	8
178.81m	9
160.93m	10

- A great cross curricular resource.
- A cost effective all weather system installed around the perimeter of the school sports field.
- Constructed using a polyurethane bound rubber chip laid over a compacted MOT type1 stone sub-base.
- Suggested routes and budget costings supplied using our remote survey system.
- Builds confidence, resilience and determination, all children succeed in The Daily Mile Challenge.





“ It’s fantastic to see initiatives like The Daily Mile be established, showing real leadership from the education sector to improve children’s fitness levels and their cognitive behaviour, and make a real difference to schools, teachers, parents and young people’s lives. We know sitting still kills; not sitting still helps children build skills that will stay with them for life. ”

TANNI GREY-THOMPSON  
(BARONESS GREY-THOMPSON, DBE, DL)

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## Our tracks are tailored to your budget

Of course, we appreciate that you need to keep costs to a minimum, and the length and width of the track are important factors to consider for keeping our prices affordable. We'll work with you every step of the way from consultation to installation to find the perfect outdoor track for your budget.

## A helping hand from consultation to installation

By choosing Edspace to design and install your Daily Mile Track, you'll be assured of a high-quality, environmentally friendly product fitted by a team of professional DBS checked installers.

If an all-weather Daily Mile track would benefit your school and pupils, then get in touch via our remote survey request form and we'll provide a suggested route plan and a fixed price installation quote.





“ Installed nationwide by our own skilled DBS checked installers.

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