

# Norwich Road Academy's Daily Mile Expectations

At Norwich Road Academy, we take part in The Daily Mile to improve our physical, social, emotional and mental health and wellbeing.

- All classes should participate every day, unless there is a really good reason not to.
- The Daily Mile should be purposeful and should, therefore, not take longer than 10 minutes.
- 13 laps = 1 mile
- Teachers and TAs must join in (walking is fine).
- 1 class on the track at a time.
- A running total of how many miles each class has run must be kept and sent to Miss Archibald on Friday afternoon.

Day	Number of miles
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Total	

