"K-a day" & outdoor trail

> **Description:** A school-wide policy to ensure that students achieve (at least) **a kilometer per day** (either walking or jogging) using a **custom built trail** on the school grounds.

Will this change affect a lot of students within a school?

- All students are exposed to the trail (and "K-a-day" policy) within a school – however **not all classes will be able to use the trail at the same time**.
- Students can also use this in their own time (e.g., outside of school) and during break-times in addition to the compulsory route each day with their teacher.

Will this change work equally for all students?

- The trail may not be usable for disabled students (depending on their disability and on the surface of trail)
- Our CASE advisory groups raised concerns that certain student groups might dominate the trail, preventing others from using it.
- Student can run or walk the route, with potential for taking breaks. This may overcome concerns that only the already sufficiently active students would benefit.
- This policy may be more appealing for younger students (hence they may be more likely to benefit from it).

Will people like this change?

- Teachers in our CASE advisory group were **very positive about this idea,** especially being able to take part with their classes (i.e., role modelling physical activity). However, there were some concerns about how/when to fit this into the school day.
- Students and teachers like the idea of having reward policies for class progress and the use of the trail.

How easy is it to make this change?

- It is unknown how well this policy would work in **secondary schools** – it has been very successful in primary schools ("mile a day").
- A trail with signage would need to be set up/built on the school site. Once established, it should be relatively low-maintenance.
- A system would need to be introduced to log students' use of the trail and manage a rewards system for students and/or classes. This could involve an app or other technology.

- There may be a need to introduce policies to encourage teachers to take classes outside to use the trail (e.g., during form time).

Will it work?

- No evidence on effectiveness, but 'the golden mile' (e.g., school children **running/jogging a mile each day**) has been tried out in several UK primary schools. However, there are no evaluation findings available at present.
- There is strong evidence that **time spent outdoors** is associated with physical activity in young people.
- There is some evidence to suggest that **time spent outdoors** is associated with improved **concentration and learning**.

How much will it cost?

- The cost of the "K-a-day" scheme is likely to be dependent on how this is done and the existing school environment.
- The most expensive component would likely be if the trail required construction. Building the trail could come to **£20,000 to £60,000** for a full kilometre. If use is made of pre-existing paths or surfaces, costs may be less.
- Motivational signs can be made using free standing plastic or aluminium signs, which are around **£50-90 each**.
- There would need to be a means to log use of trail/how many times students use it. This could involve an app or other technology – this could cost up to **£3,000** for development.