

## Run A Mile With A Smile Initiative



### **St.Tiarnach's Primary School, Clones**

#### Getting Started

I myself am very passionate about running and see the great benefits it has both physically and mentally. It has always kept me balanced and my mind active, so I was delighted to be able to bring the idea to school. It was such a simple idea, as no equipment is needed. Just a short amount of time and a good team spirit.

We started taking classes out a short time before their lunch break around a local lane. Each class started run/walk of 10 seconds each. All the children enjoyed this and after a few weeks of training, they all wanted to run more than walk. The children were always very encouraging to each other, and it definitely built up a good class morale. The children by the end of their training were all able to jog the mile.

The Infants used the perimeter of the school to get out and active. They did laps of this and each week tried to complete more than the week before. Everyone in the school was so enthusiastic about it, even from meeting parents in the local shops they all knew about the initiative from the kids. They all got very interested in running, and in completing their 'Active Schools' homework.

#### Run a Mile with a Smile

We then organised the 'Run A Mile With A Smile' in the local sports facility. We are lucky to have the Peacelink in Clones, who kindly let us use their professional running track to bring all our children to. The children all completed their mile, even in Irish weather conditions! They all really enjoyed it and even now come to tell the teachers what length of runs they have completed after the weekends. It was great to see them all trying so hard, being so enthusiastic and having such an interest in the outdoors, instead of the usual chat of play stations and iPads.

*Such an easy exercise to complete and lots of fun in the training!*