

## "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.

### Reach

- 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.

### Equality

- The trail may not be usable for disabled students (depending on disability and 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).

### Acceptability

- 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 liked the idea of having reward policies for class progress and the use of the trail.

### Feasibility

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

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

### Effectiveness

- No evidence on effectiveness, but ‘the golden mile’ (e.g., school children **running/jogging a mile each day**) has been implemented in several UK primary schools (no evaluation available). The anecdotal feedback from schools is **very positive** (for improvements in fitness, BMI and academic performance).
- There is strong evidence that **time spent outdoors** is associated with physical activity in young people.
- Qualitative evidence suggests that **time spent outdoors** can improve **concentration and learning**.

### Cost

- The cost of the “K-a-day” policy is likely to be highly dependent on how this is implemented and the existing school environment.
- The most expensive component would likely be if the trail required construction. The cost of gravel is estimated to be **£20-30** per metre, full resin surfaces may be around **£50-60** per meter. Building the trail could therefore come to **£20,000 to £60,000** for a full kilometre. If the school can make use of pre-existing paths or surfaces, the costs may be less.
- Motivational signage can be made using free standing plastic or aluminium signs, which are around **£50-90 each**.
- There would need to be a means of logging student/class use of the trail. This could involve an app or other technology – which could cost up to **£3,000** for development.