

Section A: Perceived Benefits

NB: 40 staff members from Deis schools completed the online questionnaire.

NB: 151 staff members from Non-Deis schools completed the online questionnaire.

NB: The results presented below for the perceived benefits associated with TDM were gathered by asking participants to tick the appropriate response for each question (E.g. Agree, Disagree etc.).

From your experience has The Daily Mile

Had a positive impact on the health & wellbeing of the children in your school?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	2	4	6
	% within Deis or Non-Deis	5%	2.6%	3.1%
Disagree	Count	0	2	2
	% within Deis or Non-Deis	0%	1.3%	1%
Neither Agree or Disagree	Count	1	7	8
	% within Deis or Non-Deis	2.5%	4.6%	4.2%
Agree	Count	12	69	81
	% within Deis or Non-Deis	30%	45.7%	42.4%
Strongly Agree	Count	25	69	94
	% within Deis or Non-Deis	62.5%	45.7%	49.2%

Had a positive impact on attitudes towards physical activity among the children in your school ?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	2	5	7
	% within Deis or Non-Deis	5%	3.3%	3.7%
Disagree	Count	0	1	1
	% within Deis or Non-Deis	0%	0.7%	0.5%
Neither Agree or Disagree	Count	0	9	9
	% within Deis or Non-Deis	0%	6%	4.7%
Agree	Count	18	88	106
	% within Deis or Non-Deis	45%	58.3%	55.5%
Strongly Agree	Count	20	48	68
	% within Deis or Non-Deis	50%	31.8%	35.6%

Had a positive impact on participation in physical activity among children in your school?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	4	5
	% within Deis or Non-Deis	2.5%	2.6%	2.6%
Disagree	Count	0	3	3
	% within Deis or Non-Deis	0	1.6%	1.6%
Neither Agree or Disagree	Count	5	17	22
	% within Deis or Non-Deis	12.5%	11.3%	11.5%
Agree	Count	14	76	90
	% within Deis or Non-Deis	35%	50.3%	47.1%
Strongly Agree	Count	20	50	71

	% within Deis or Non-Deis	50%	33.8%	37.2%
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Had a positive impact on the physical fitness of the children in your school?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	4	5
	% within Deis or Non-Deis	2.5%	2.6%	2.6%
Disagree	Count	0	3	3
	% within Deis or Non-Deis	0%	2%	1.6%
Neither Agree or Disagree	Count	4	12	16
	% within Deis or Non-Deis	10%	7.9%	8.4%
Agree	Count	15	69	84
	% within Deis or Non-Deis	37.5%	45.7%	44%
Strongly Agree	Count	20	63	83
	% within Deis or Non-Deis	50%	41.7%	43.5%

Had a positive impact on the movement proficiency of the children in your school?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	3	4
	% within Deis or Non-Deis	2.5%	2%	2.1%
Disagree	Count	0		2
	% within Deis or Non-Deis	0%	1.30%	1%
Neither Agree or Disagree	Count	6	21	27
	% within Deis or Non-Deis	15%	13.90%	14.1%
Agree	Count	17	86	103
	% within Deis or Non-Deis	42.50%	57%	53.9%
Strongly Agree	Count	16	39	55
	% within Deis or Non-Deis	40%	25.8%	28.8%

Reduced the sedentary behaviour of the children during a school day?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	3	4
	% within Deis or Non-Deis	2.5%	2%	2.1%
Disagree	Count	0	0	0
	% within Deis or Non-Deis	0%	0%	0%
Neither Agree or Disagree	Count	2	16	18
	% within Deis or Non-Deis	5%	10.6%	9.4%
Agree	Count	20	67	87
	% within Deis or Non-Deis	50%	44.4%	45.5%
Strongly Agree	Count	17	65	82
	% within Deis or Non-Deis	42.5%	43%	42.9%

Increased the opportunity for social interaction between children in your school?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	3	4
	% within Deis or Non-Deis	2.5%	2%	2.1%

Disagree	Count	0	3	3
	% within Deis or Non-Deis	0%	2%	1.6%
Neither Agree or Disagree	Count	5	23	28
	% within Deis or Non-Deis	12.5%	15.2%	14.7%
Agree	Count	16	72	88
	% within Deis or Non-Deis	40%	47.7%	46.1%
Strongly Agree	Count	18	50	68
	% within Deis or Non-Deis	45%	33.1%	35.6%

Had a positive impact on the children's attentiveness & concentration levels directly after the completion of TDM session?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	3	4
	% within Deis or Non-Deis	2.5%	2%	2.1%
Disagree	Count	0	3	3
	% within Deis or Non-Deis	0%	2%	1.6%
Neither Agree or Disagree	Count	6	22	28
	% within Deis or Non-Deis	15%	14.6%	14.7%
Agree	Count	16	73	89
	% within Deis or Non-Deis	40%	48.3%	46.6%
Strongly Agree	Count	17	50	67
	% within Deis or Non-Deis	42.5%	33.1%	35.1%

Had a positive impact on the children's attentiveness & concentration levels across a school day?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	1	3	4
	% within Deis or Non-Deis	2.5%	2%	2.1%
Disagree	Count	0	3	3
	% within Deis or Non-Deis	0%	2%	1.6%
Neither Agree or Disagree	Count	8	31	39
	% within Deis or Non-Deis	20%	20.5%	20.4%
Agree	Count	15	71	86
	% within Deis or Non-Deis	37.5%	47%	45%
Strongly Agree	Count	16	43	59
	% within Deis or Non-Deis	40%	28.5%	30.9%

Section B: Barriers

NB: The results presented below for the perceived barriers associated with implementing TDM were collected by asking participants to tick the appropriate response to each statement (e.g. Agree)

From your experience, please rate whether the following barriers have impacted on the implementation of The Daily Mile in your school:

Lack of time during the school day				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	4	12	16
	% within Deis or Non-Deis	10%	7.9%	8.4%
Disagree	Count	8	38	46

	% within Deis or Non-Deis	20%	25.2%	24.1%
Neither Agree or Disagree	Count	3	18	21
	% within Deis or Non-Deis	7.5%	11.9%	11%
Agree	Count	20	53	73
	% within Deis or Non-Deis	50%	35.1%	38.2%
Strongly Agree	Count	5	30	35
	% within Deis or Non-Deis	12.5%	19.9%	18.3%

Large class size with limited staff support				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	8	22	30
	% within Deis or Non-Deis	20%	14.6%	15.7%
Disagree	Count	15	70	85
	% within Deis or Non-Deis	37.5%	46.4%	44.5%
Neither Agree or Disagree	Count	6	23	29
	% within Deis or Non-Deis	15%	15.2%	15.2%
Agree	Count	7	25	32
	% within Deis or Non-Deis	17.5%	16.6%	16.8%
Strongly Agree	Count	4	11	15
	% within Deis or Non-Deis	10%	7.3%	7.9%

Inadequate school facilities				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	12	26	38
	% within Deis or Non-Deis	30%	17.2%	19.9%
Disagree	Count	14	70	84
	% within Deis or Non-Deis	35%	46.4%	44%
Neither Agree or Disagree	Count	4	16	20
	% within Deis or Non-Deis	10%	10.6%	10.5%
Agree	Count	7	22	29
	% within Deis or Non-Deis	17.5%	14.6%	15.2%
Strongly Agree	Count	3	17	20
	% within Deis or Non-Deis	7.5%	11.3%	10.5%

Inclement weather				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	3	4	7
	% within Deis or Non-Deis	7.5%	2.6%	3.7%
Disagree	Count	9	29	38
	% within Deis or Non-Deis	22.5%	19.2%	19.9%
Neither Agree or Disagree	Count	5	14	19
	% within Deis or Non-Deis	13%	9.3%	9.9%
Agree	Count	18	70	88
	% within Deis or Non-Deis	45%	46.4%	46.1%
Strongly Agree	Count	5	34	39

	% within Deis or Non-Deis	12.5%	22.5%	20.4%
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Disruption to a school day's teaching schedule				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	8	15	23
	% within Deis or Non-Deis	20%	9.9%	12%
Disagree	Count	14	76	90
	% within Deis or Non-Deis	35%	50.3%	47.1%
Neither Agree or Disagree	Count	8	20	28
	% within Deis or Non-Deis	20%	13.2%	14.7%
Agree	Count	7	31	38
	% within Deis or Non-Deis	17.5%	20.5%	19.9%
Strongly Agree	Count	3	9	12
	% within Deis or Non-Deis	7.5%	6%	6.3%

The Daily Mile is not an essential component of the school day				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	11	4	35
	% within Deis or Non-Deis	27.5%	15.9%	18.3%
Disagree	Count	15	71	86
	% within Deis or Non-Deis	37.5%	47%	45%
Neither Agree or Disagree	Count	10	26	36
	% within Deis or Non-Deis	25%	17.2%	18.8%
Agree	Count	2	28	30
	% within Deis or Non-Deis	5%	18.5%	15.7%
Strongly Agree	Count	2	2	4
	% within Deis or Non-Deis	5%	1.3%	2.1%

Children's lack of enjoyment participating in physical activity				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	14	33	47
	% within Deis or Non-Deis	35%	21.9%	24.6%
Disagree	Count	20	88	108
	% within Deis or Non-Deis	50%	58.3%	56.5%
Neither Agree or Disagree	Count	5	17	22
	% within Deis or Non-Deis	12.5%	11.3%	11.5%
Agree	Count	1	12	13
	% within Deis or Non-Deis	2.5%	7.9%	6.8%
Strongly Agree	Count	0	1	1
	% within Deis or Non-Deis	0%	0.7%	0.5%

Refusal by parents/guardians to allow their children to participate				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	20	65	85
	% within Deis or Non-Deis	50%	43%	44.5%

Disagree	Count	17	68	85
	% within Deis or Non-Deis	42.5%	45%	44.5%
Neither Agree or Disagree	Count	2	11	13
	% within Deis or Non-Deis	5%	7.3%	6.8%
Agree	Count	1	5	6
	% within Deis or Non-Deis	2.5%	3.3%	3.1%
Strongly Agree	Count	0	2	2
	% within Deis or Non-Deis	0%	1.3%	1%

Injury risk				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Strongly Disagree	Count	16	53	69
	% within Deis or Non-Deis	40%	35.1%	36.1%
Disagree	Count	18	72	90
	% within Deis or Non-Deis	45%	47.7%	47.1%
Neither Agree or Disagree	Count	3	12	15
	% within Deis or Non-Deis	7.5%	7.9%	7.9%
Agree	Count	3	12	15
	% within Deis or Non-Deis	7.5%	7.9%	7.9%
Strongly Agree	Count	0	2	2
	% within Deis or Non-Deis	0%	1.3%	1%

Section C: Implementation & Sustainability

NB: 34 teachers from Deis schools answered questions related to the delivery of TDM.

NB: 134 teachers from Non-Deis schools answered questions related to the delivery of TDM.

Do you implement The Daily Mile programme with your class group?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
Yes	Count	30	122	152
	% within Deis or Non-Deis	88.2%	91%	90.5%
No	Count	4	12	16
	% within Deis or Non-Deis	11.8%	9%	9.5%

NB: All staff members who participated in the questionnaire were asked the following question (i.e. 191)

NB: Short Term = < 1 year

NB: Medium Term = 1-3 years

NB: Long Term = > 3years

Would you like your school to commit to TDM programme in the short, medium or long term going forward?				
Answer	Count & Percentage	Deis School	Non-Deis School	Total
I would not like my school to commit to TDM going forward	Count	1	5	6
	% within Deis or Non-Deis	2.5%	3.3%	3.1%
Short Term	Count	5	15	20
	% within Deis or Non-Deis	12.5%	9.9%	10.5%

Medium Term	Count	3	27	30
	% within Deis or Non-Deis	7.5%	17.9%	15.7%
Long Term	Count	31	104	135
	% within Deis or Non-Deis	77.5%	68.9%	70.7%