

A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, hand-painted appearance with some lighter blue and white splatters around its edges.

KS3 Operation  
Build Stamina!

# TASK 1: Pick your Level

**Level 1 - Beginner** - I am not a confident runner/cyclist and I currently don't do much regular exercise in a normal week. (slide 5)

**Level 2 - Intermediate** - I stay quite active in a normal week, but I don't do a great deal of recorded runs and cycles. (slide 6)

**Level 3 - Expert** - I see myself as half human/half machine and feel I will be able to deal with anything you throw at me in terms of fitness challenge! (slide 7)

**\*\*\*Please note that there are an additional 2 slides in this Powerpoint, slides 8 and 9, for those of you that are shielding and obviously not currently able to exercise outside of your homes. We hope the slight adjustments here will allow you to take a full part in this challenge too 😊**

# TASK 2: Choose the right fitness app for you\*

\*This app is what you are going to use to record your walks/runs/cycles on, so make sure you go with one that works for you!

## iPhone friendly apps

<https://www.makeuseof.com/tag/best-free-fitness-apps-iphone/>

## Android friendly apps

<https://www.androidauthority.com/best-fitness-apps-android-567999/>

## Task 3: Stay Alert to Stay Safe!

1. Inform an adult before leaving home to complete a run/cycle.
2. Keep 2m distance from other people when out.
3. Task to be completed in school hours/extracurricular hours, not late in the evening.
4. Ensure you have appropriate footwear on, to protect feet and ankles, e.g. trainers.

# Level 1 - Beginner - Week 1

Aim: To be able to run 5km comfortably by the end of the Summer term. Go for it!

- **Warm-Up**

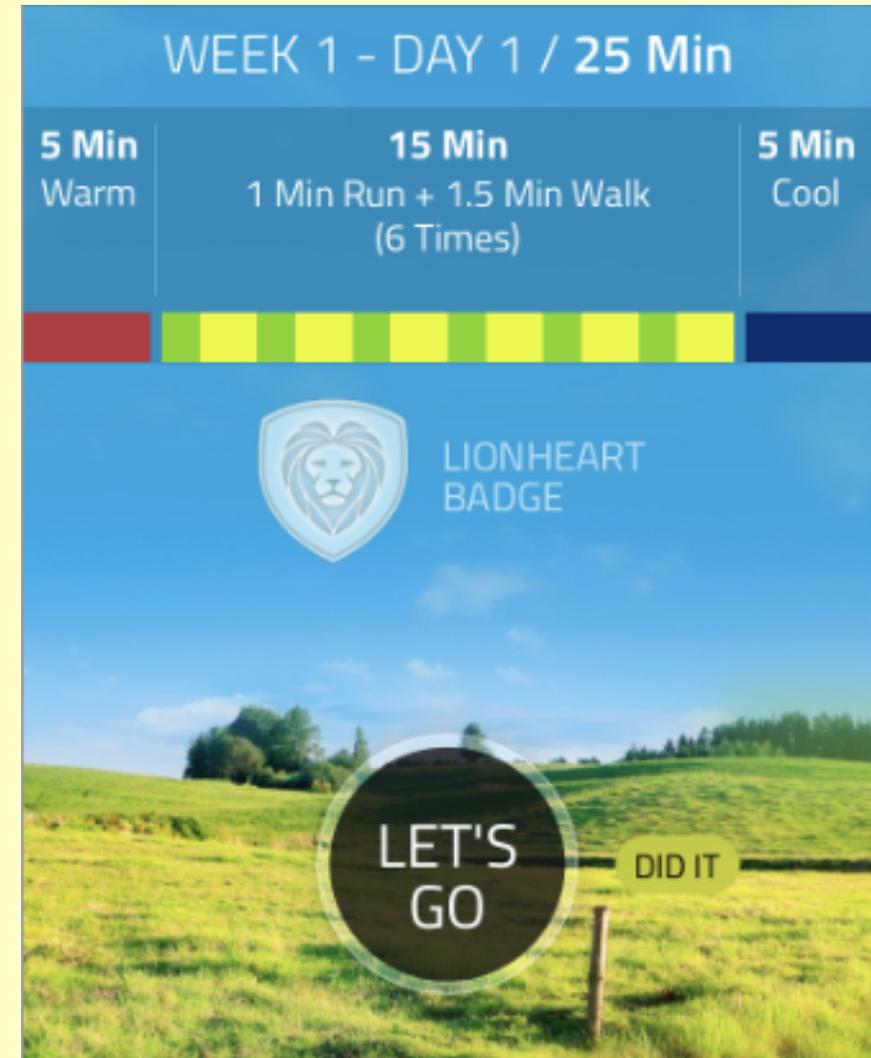
As you can see from the plan on the right, it is really important that you complete a 5 minute warm-up (raising your pulse) before starting the lesson. Warm-up ideas include: jogging on the spot, star jumps, heel-flicks, high-knees etc.

- **Main activity**

Get ready to start your activity tracker. You might decide to use a watch to keep the time, in order that you don't have to keep checking your phone whilst you are running! The idea is simple: run as far as you can, at a steady pace, for one minute, trying not to stop. Then, walk for the next minute and a half as a recovery. Repeat this 6 times and see how far you have got! Send your result in the form of a screenshot to your teacher.

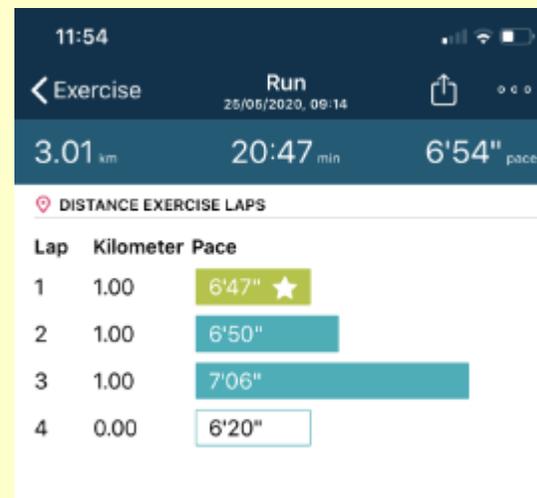
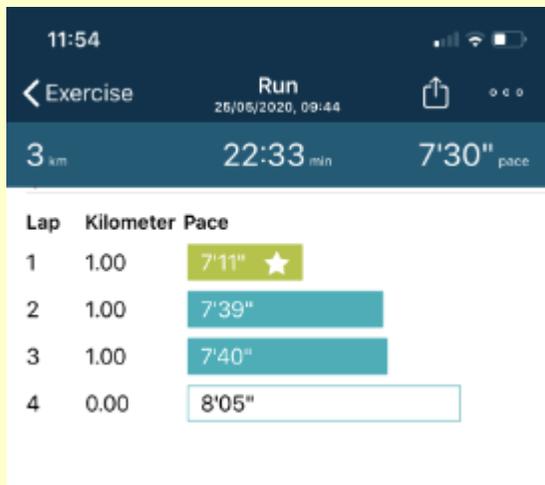
- **Cool Down**

This should involve 3-5 minutes of exercising at a lower intensity: Focus on deep breathing to return heart rate to normal. 5 minutes of stretching your target muscles: Choose 3-5 stretches for muscles that were 'worked out,' holding stretches for 20-30 seconds.



## Level 2 - Intermediate - Week 1

Below this message, you will see screenshots of two runs Ms Palmer has done since school stopped. Great news for Ms Palmer, as between her first run on the left and the second run on the right she has got much quicker! In order to do this she has been running two/three times a week and has been massively focusing on being faster each and every time I run.



In summary

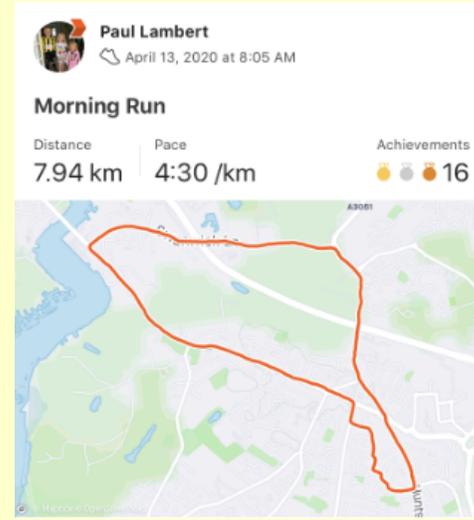
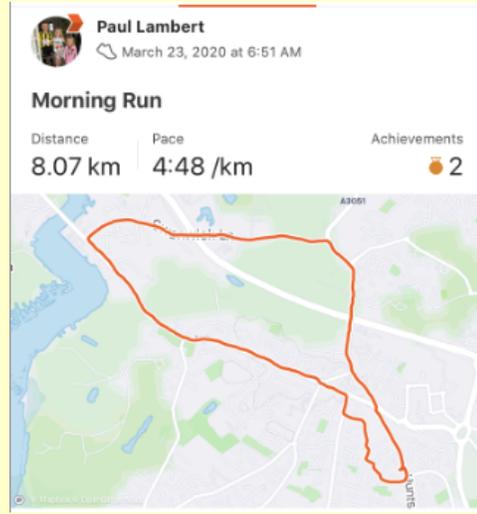
- Go for a 15-20 minute run/cycle.
- Send your me a screenshot of the activity data, which must include distance and pace.
- Beat it as many times as you can between now and exactly 7 days from now. How much quicker can you get in a week?

Over the next few weeks I want to see how much time you can shave off your average pace. I'm sure some of you will be able to beat Ms Palmer's improvements easily!

Good luck everyone 😊

## Level 3 - Expert - Week 1

Below this message, you will see screenshots of two runs Mr Lambert has done since school stopped. Not to brag, but you should see that on exactly the same 'course', between my first run on 23<sup>rd</sup> March to the next date of 13<sup>th</sup> April, I have shaved off 18 seconds a kilometre. In order to do this I have been running three times a week and been massively focusing on being faster each and every time I run.



In summary

- Go for a 15-20 minute run/cycle.
- Send your me a screenshot of the activity data, which must include distance and pace.
- Beat it as many times as you can between now and exactly 7 days from now. How much quicker can you get in a week?

Good luck everyone 😊

**For those of you who are currently shielding at home **WITH** a garden/available outdoor space...**

**Please follow the steps below, get recording and get those activity screenshots sent to your PE teachers!**

- 1. Same as everyone else, use slide 3 to choose the right activity tracker for you.**
- 2. Same as everyone else, use slide 2 to select which of the levels is right for you to start on.**
- 3. Same as everyone else once again, read the info on the selected level slide of your choice to find out what you are going to be doing for the lesson that week.**
- 4. The important bit, below, which is not exactly the same as everyone else 😊**

**If you have an outdoor space/garden available to use at your house, then you turn on the activity tracker and you can carry out the lesson task in whatever space you have available. It really doesn't matter how small the area is as the tracker will pick up how long you have been working for and exactly how far you have travelled too. [Check out this awesome video of a man who ran a marathon in his back garden at the beginning of lockdown!!!](https://www.youtube.com/watch?v=8t9rRpwTEbQ)**

**<https://www.youtube.com/watch?v=8t9rRpwTEbQ>**

**For those of you who are currently shielding at home **WITH NO** garden/available outdoor space...**

**Please follow the steps below, get recording and get those activity screenshots sent to your PE teachers!**

- 1. Same as everyone else, use slide 3 to choose the right activity tracker for you.**
- 2. Same as everyone else, use slide 2 to select which of the levels is right for you to start on.**
- 3. Same as everyone else once again, read the info on the selected level slide of your choice to find out what you are going to be doing for the lesson that week.**
- 4. The important bit, below, which is not exactly the same as everyone else 😊**

**If you do not have an outdoor space/garden available to use at your house, then you can still use the activity tracker to carry out the lesson task in an appropriate space in your home. Please speak to your parent/carer about the right space to use. Then during the session, also be sure to change direction regularly if you are working in a particularly small space, as otherwise you will get seriously dizzy!**

**It really doesn't matter how small the area is as the tracker will pick up how long you have been working for and exactly how far you have travelled too. [Check out this awesome video of a man who ran a marathon inside his flat at the beginning of lockdown!!!](#)**

**<https://www.youtube.com/watch?v=7OW9btAvxSM>**