



Stamina Building Challenge!

Introduction to the Challenge

Our focus this half term is on [improving and building stamina](#), which essentially means being able to keep going at any given physical activity harder and for longer periods of time consistently. By building stamina, staying active and being physically healthy, this will definitely help improve and maintain your mental health, which is crucial to do at any time, but particularly in the current situation we find ourselves in.

There will be three levels of challenge and it is up to you where you decide to start. [You will receive one challenge per week, but as you will see when you look at the different levels, you are being asked to take part in up to three activities per week as part of the same 'lesson'](#). After all, the more you do, the bigger the improvements to your stamina you will make! Right, have a look at the levels below and then click through to the level you have chosen.

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/or 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 😊**

Your first job – 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/>



Stay Alert to Stay Safe!

- It is absolutely crucial that you speak with your parent about where and when you are going out for this activity, in order that they know when to expect you back, how to contact you in an emergency etc.
- Please also make sure you are respectful of members of the public, particularly fellow runners and cyclists, while out in the community.
- Please also remember to maintain the 2 metres social distance rule at all times, even if this means you going out of your way to avoid someone passing by if necessary!

Level 1 - Beginner - Week 1

The idea is that if you follow the activity program that we suggest, you will become considerably fitter over the next few weeks and should be able to run 5km comfortably by the end of the Summer term. Go for it!

- **Warm-Up**

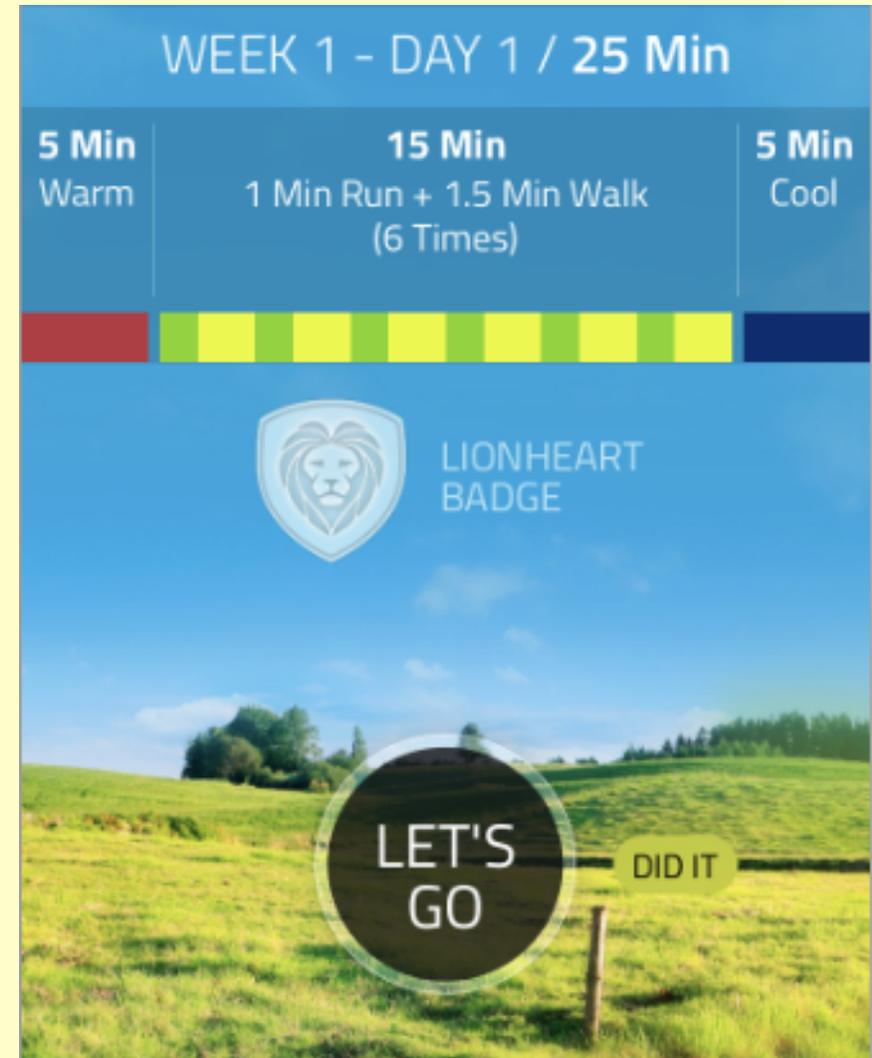
As you can see from the plan on the right, it is really important that you complete a 5 minute warm-up (raising your pulse) before starting the lesson. Warm-up ideas include: jogging on the spot, star jumps, heel-flicks, high-knees etc.

- **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.

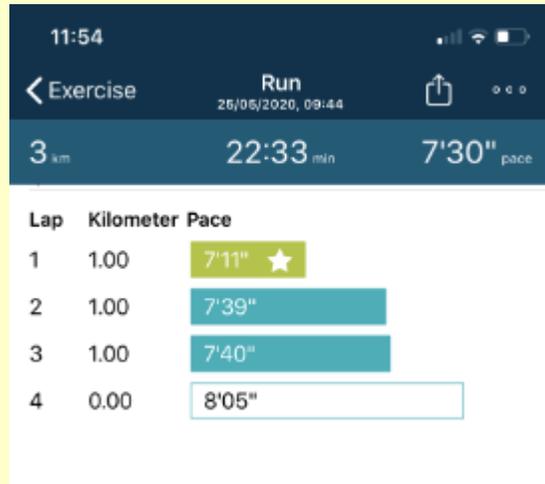
- **Cool Down**

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. Well done to Ms Palmer, but now over to you...



Using an activity monitoring program of your choice (Strava is mine, Fitbit, Runkeeper, Nike Training Club etc.) can you send me at least one screenshot of a run or cycle that you do this week. For some, if not most of you, your first job is to choose and then get set up on an app of your choice and go for a **minimum 15-20 minute jog or cycle**. I would then like you to send me a screenshot of your activity session, complete with distance and pace. 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!

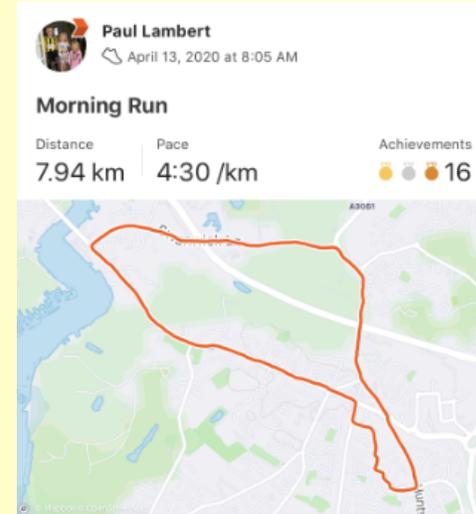
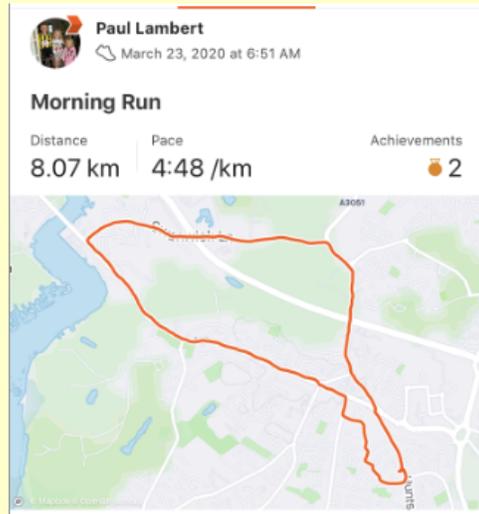
In summary

- Get set up on an activity monitoring app of your choice (see slide 3 for help choosing one)
- 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 😊

Level 3 - Expert - Week 1

Below this message, you will see screenshots of two runs I have done since school stopped. Not to brag, but you should see that on exactly the same 'course', between my first run on 23rd March to the next date of 13th 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. Well done me and all that, but now your challenge...



Using an activity monitoring program of your choice (Strava is mine, Fitbit, Runkeeper, Nike Training Club etc.) can you send me a screenshot of a run or cycle that you have done recently, and certainly within the last week. For some, if not most of you, your first job is to choose and then get set up on an app of your choice and go for a **minimum 30 minute jog or cycle**. I would then like you to send me a screenshot of your activity session, complete with distance and pace. 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 this old man's 18 second record easily!

In summary

- Get set up on an activity monitoring app of your choice (see slide 3 for help choosing one)
- 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...

As a PE Department we fully appreciate that it won't be possible for you to take part in our Fitness Challenge unless we are able to make some adjustments and there is no way we want anyone to miss out on a really worthwhile and positive whole year group challenge! So, with this in mind, 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)

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

As a PE Department we fully appreciate that it won't be possible for you to take part in our Fitness Challenge unless we are able to make some adjustments and there is no way we want anyone to miss out on a really worthwhile and positive whole year group challenge! So, with this in mind, 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>