**How to Participate in the Challenge:**

1. **Sign up to the Whole school PE 4 Week Challenge Google Classroom** – all invites will be sent to you by the PE department.



1. **Download the Stava app** (it is free!)**:**

* Go to your app store
* Search for the app Strava – see logo
* Click to download
* **To sign up to the app:**
* Open the app
* Click sign up with email
* Register your details
* If you get prompted to sign up to a premium account click no, you do not need this.
* **Privacy settings (we encourage this step)**
* Open profile
* Open settings – top right corner (orange cog symbol)
* Open Privacy controls
* Open Privacy zones
* Enter home address to hide your starting and finishing points and set number of metres.
* **Joining your PE Club**
* Click on the ‘Explore’ button at the bottom of the page
* Then click on Clubs at the top
* You’ll see a search symbol on the top right corner
* Click on it and search for you club name:

|  |  |
| --- | --- |
| **Year Group** | **Club Name** |
| Year 8 | St Louise’s Comprehensive College Year 8 Physical Education |
| Year 9 | St Louise’s Comprehensive College Year 9 Physical Education |
| Year 10 | St Louise’s Comprehensive College Year 10 Physical Education |
| Year 11 | St Louise’s Comprehensive College Year 11 Physical Education |
| Year 12 | St Louise’s Comprehensive College Year 12 Physical Education |

* You will see our school crest as the profile picture
* Click to join

1. **Take part in a physical activity –** targets from week 1 onwards will be shared on Monday. **You have until the Sunday to complete the weekly target.**

* Use Strava to record your physical activity
* Before you start your run, walk or cycle press the ‘Record’ button at the bottom of the screen
* This will take you to a map of where you are at and the GPS will record your movements
* ‘Choose a Sport’ by pressing the shoe or bike icon.
* Click the ‘Start’ button and away you go!
* When you are finished, press the ‘Stop’ button and then ‘Finish’
* You can ‘Title’ your activity if you want and add a photo of where you went. MAKE SURE AND HIT THE **SAVE** BUTTON ON THE TOP RIGHT CORNER.
* Go the minimum distance set each week, remember you can go more!
* Use the ‘Strava’ app to record your activity – SAVE it so that your PE teacher can add it to your overall distance total.

1. **Participate consistently** for the five weeks and **encourage others to take part**
2. **Upload a picture** of you out on your walk, run, cycle to your google classroom!

Many students and staff have GPS devices e.g. Fitbits, Garmin watch etc. These can be linked easily to Strava (might require you to do a quick google search or contact a PE teacher via google classroom who will be able to help you).

Alternatively, if you choose not to use Strava you can take a picture of your GPS tracked activity and upload it via google classroom. Your PE teacher will take a record of your weekly distance.