

# STRAVA FOR @ HOME P.E.

(Mr. Hendry's Physical Education Classes) (April 14 – May 28)

**For each day of school-** students will be expected to participate in physical activity for their physical education grade, recording it to Strava. See instructions below for the different types of activities that are allowed and be sure to follow the guidelines/instructions on the next 2 pages.

**REQUIREMENT-** All students will need a Strava account either through the Strava app on their phone or on a computer at [www.strava.com](http://www.strava.com). Make sure you register using your full name (no nicknames) so that you can be easily identified. You will also need to join the "Stevens PE" club in Strava which is a private group with only Stevens PE students & staff.

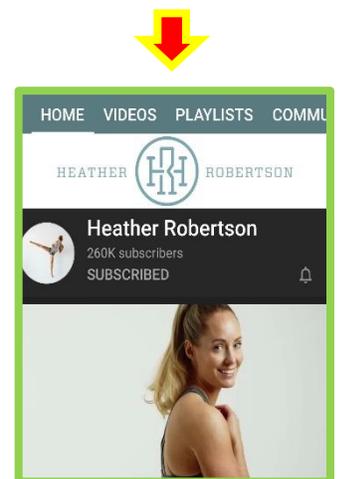
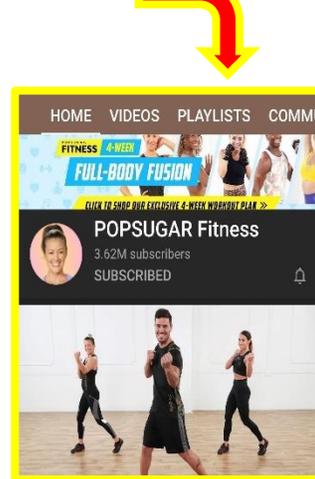
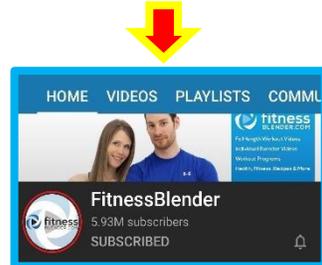
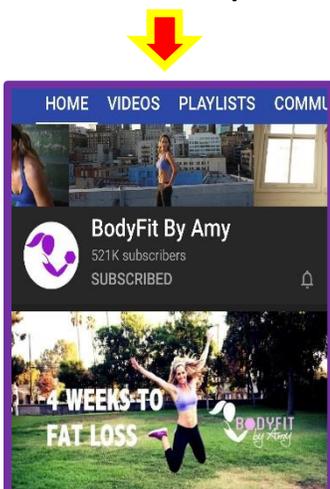
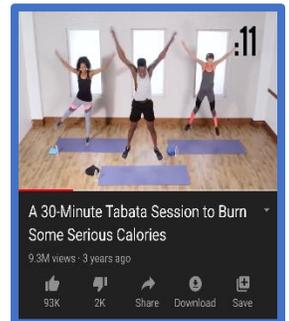


## Strava workouts on your phone- OUTDOOR ONLY:

- ✓ We **ONLY** allow these activities: walking, running, biking, hiking or snowshoeing.
- ✓ You need to record at least 30 minutes of "moving time" per session per day.
- ✓ All workouts need to be recorded on Strava for them to count for a grade.
- ✓ Workouts checked daily; grades updated to skyward weekly. **Deadline is each Sunday!**
- ✓ There are instructions and videos for Strava on my website- [www.CoachHendry.com](http://www.CoachHendry.com).

## YouTube workouts to Strava on your phone or computer:

- ✓ If you cannot do an outdoor workout on Strava you can replace it by doing a *follow-along* YouTube workout that is a minimum of 20-minutes or longer. **Each video = one day of P.E.**
- ✓ All YouTube workouts must be verified by a parent/guardian with you taking a selfie with the parent giving a "thumbs up" immediately following the workout. Parents can email [Paul.Hendry@k12.sd.us](mailto:Paul.Hendry@k12.sd.us) verifying all YouTube workouts for that week if they prefer.
- ✓ **You will need to manually record these workouts to Strava for them to count for a grade, including your selfie.** There are some "How-to" videos located on [www.CoachHendry.com](http://www.CoachHendry.com).
- ✓ Workouts checked daily; grades updated to skyward weekly. **Deadline is each Sunday!**
- ✓ We only allow YouTube workouts from these 5 sites listed below:



# **STRAVA GUIDELINES FOR OUTDOOR ACTIVITIES**

**When using Strava for any outdoor activity- make sure you always have your parent/guardian's approval and/or permission for the following:**

- ✓ **Allowing Strava to know your cell phone location and track you using GPS**
  - This is required to use Strava to record your outdoor workouts.
- ✓ **The type of activity you will be doing**
  - Choose an activity that is safe for you at your current fitness level and athletic ability/experience.
- ✓ **Your workout location**
  - Make sure people know where you are and choose locations that are safe for you and others.
- ✓ **Who you will be working out with**
  - We strongly recommend that you never workout alone, find a friend or family member who can join you as there are strength in numbers, however, we have another safety concern with the corona virus. If you are with others- make sure you are following the CDC Guidelines for the COVID-19 Pandemic such as keeping at least 6 feet away from others as you exercise and even further away from others in very windy conditions.

**When using Strava for any outdoor activity- make sure you understand the following:**

- ✓ **You need to record at least 30 minutes of "moving time" per session**
  - 'Moving time means that you are actually "moving". If you stop along the way or move slowly- your Strava time may not be the same as your "moving time". I would suggest that you go about 2-5 minutes over the minimum time if you are having trouble with this.
- ✓ **We only allow these "outdoor" activities: walking, running, biking, hiking or snowshoeing.**
  - Choose an activity & location that is available and safe for you.
- ✓ **You need to use Strava for these workouts to count for your grade.**
  - I will use Strava to verify all workouts that you have completed. This includes all outdoor workouts as well as all YouTube workouts that need to be manually recorded to Strava as well.
- ✓ **Make sure you follow all directions on how to record on Strava correctly**
  - ✓ Make sure you have a GPS signal acquired for all outdoor workouts.
  - ✓ Know how to start/stop a recording.
  - ✓ Make sure you finish and save the activity immediately after finishing.
  - ✓ Watch the "How-to" videos on manually recording YouTube workouts to Strava.
- ✓ **If you are having trouble recording on Strava**
  - Get disconnected from your home's Wi-Fi and be somewhere you can get a GPS signal.
  - You may have to log out and log back in
  - You may have un-install and re-install the app
  - Make sure you have a full battery
  - You may have to clear some data/storage from your phone

## Instructions for recording outdoor workouts with STRAVA

To record your outdoor workouts with STRAVA you will need to have the STRAVA app downloaded on your phone (and/or Apple watch, etc..). The app will need to be able to use your GPS and know your location while using it.

Make sure you have joined the “*Stevens PE*” club in STRAVA so Mr. Hendry can verify your workouts and you can get credit.

When you are ready to record a workout:

1. Open the app and click on “**Record**” at the bottom of your screen.
2. As the app is acquiring your location, click on the icon just above the orange start button. The icon may be a shoe, bicycle or something else.
3. **Choose the sport (activity)** that you will be doing for your workout. Remember- workouts must be *outdoors* and you can only choose walking, running, biking, hiking or snowshoeing for your P.E. workouts.
4. Press “**Start**” and begin your workout. Remember – recorded workouts must be a minimum of 30-minutes to get credit. You can get credit for multiple days by doing extra time per workout. *(For example- a 60-minute hike will count for 2 days and a 90-minute bike ride will count for 3 days)*
5. When finished – press the “**Stop**” button. If you need to continue the workout, simply press “Resume”. If you are done with the workout – press “**Finish**”.
6. **Name**: Title your workout. Examples: “*Running at Sioux Park*”, “*Hiking on M-Hill*” or “*Walking my dog*”.
7. **Photo**: Add a photo of you and/or your scenery (optional)
8. **Description**: Here is where you put down what this workout was for. For example: “*Walking for PE Grade on April 15*”.
9. Finish by clicking on the “**Save Activity**” button at the bottom.