

# Concord Summer Experience



<b>Activity Title</b>	Exercise in Nature	
<b>Activity Overview</b>	In this activity, you will learn the benefits of exercising outside, how to plan an 'active route' and how to use recycled items as gym equipment to make your own environmentally friendly workout.	
<b>Activity Steps</b>	<b>Notes</b>	<b>Resources</b>
Read the activity summary and watch and listen to the instructional PowerPoint.	When watching the PowerPoint you can stop it to make notes to do each step bit by bit.	Activity Summary Instructional PowerPoint
<b>Active Route Planning-</b> Open the activity worksheet and a map application on your computer, tablet or phone.	You can draw out your map by hand should you wish, or use a program such as Google maps to plan it out like the example in the PowerPoint	Activity Worksheet Phone, Tablet or Computer Instructional PowerPoint
Follow the instructions on the PowerPoint to plan out your active route- try and aim to have a route of around 2 kilometres.	You can also plan out more than one route if you like and also split your route into sections to walk/jog/run or even swim if you live near the sea!	Activity Worksheet Phone, Tablet or Computer Instructional PowerPoint
When you have finished the route and have it planned out on the map- take a picture or screenshot and put the picture of it on the Activity Worksheet.	If you are using a computer and do not know how to take a screenshot- click on this link; <a href="http://lifewire.com">How to Take A Screenshot in Windows 10, 8, 7 (lifewire.com)</a>	Activity Worksheet Phone, Tablet or Computer Instructional PowerPoint
<b>Environmentally Friendly Home Workout-</b> find your items of recycling you are going to use for weights.	You could have a range of different sized water bottles- a good idea to have two of each weight if you are having different weights. The amount of water you fill the bottle with will be the amount of weight you will lift in kilograms.	Activity Worksheet Instructional PowerPoint Recycled plastic water bottles Access to a water tap
Now research 10-12 different exercises you can do with your weights. There are some ideas on the PowerPoint but lots of other ideas online.	You can search 'dumb-bell' exercises online to find some ideas.	Activity Worksheet Phone, Tablet or Computer Instructional PowerPoint
Now write these on the worksheet and decide if you are going to do each exercise a certain amount of times (for example- 10 times) or for a certain amount of time (for example, 30 seconds).	Next to each exercise you can also specify the weight that you are going to use- for example a 1 litre bottle full of water= 1 kilogram. You can also insert pictures on to the Worksheet to help you remember what each exercise looks like.	Activity Worksheet Phone, Tablet or Computer Instructional PowerPoint Water bottle weights

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<p>Now it is time to complete your Exercise in Nature workouts!</p>	<p>Remember you can always change the distances and weights in your workouts to make them harder or easier! Why not challenge a family member or friend to do them too! When going on your active journey, make sure you take an adult with you and be careful next to roads!</p>	<p>Activity Worksheet Phone Water bottle weights</p>
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