



ST. AIDAN'S
CHURCH OF ENGLAND HIGH SCHOOL

Race to Lindisfarne



In the last two weeks before half term we are going to have a school competition to see which year groups and pupils can walk/run/cycle the furthest!

We would like to see how many times each year group can make it to Lindisfarne, the home of St Aidan, and back. Lindisfarne is 150 miles away from school!

There will be prizes for the winning year group and also the top 5 pupils in each year group who travel the furthest.

You can log your miles by joining your year group club on Strava or by sending the distance you have done with a photo of you doing it to your PE class TEAMS channel.

We will keep you all updated with the daily leaderboard. Staff will also be taking part so lets see if you can beat them as well.

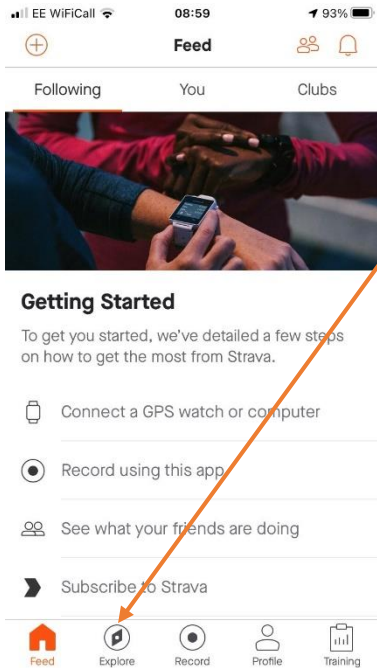
How to set up Strava

Step 1

Download the Strava app on to your smart phone.

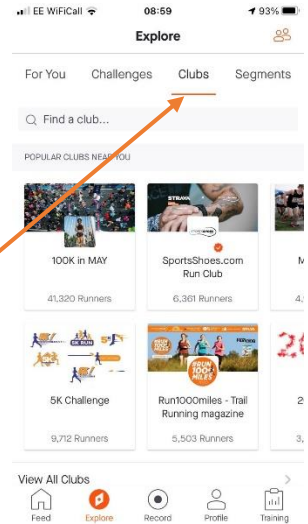
Step 2

Create an account – no need to get the subscription, the free version works fine.



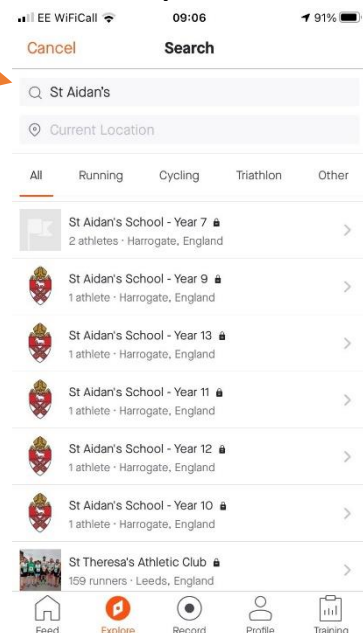
Step 3

Click on the explore



Step 4

Select Clubs, search for St Aidan's and your year group and request to join

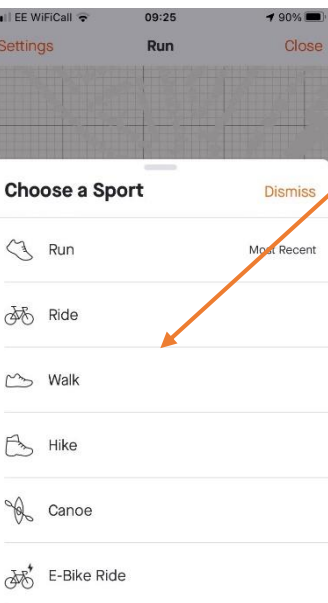
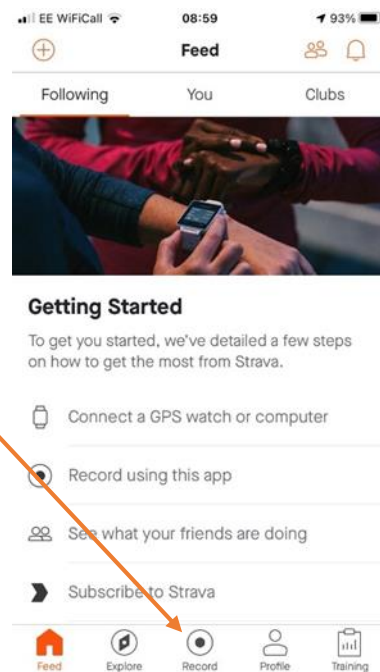


You are now in the group and part of the Race to Lindisfarne!

How to use Strava to record your walk/run/cycle

Step 1

Select the Record tab at the bottom of the screen.



Step 2 Choose your activity

Step 3 Press start



Step 4

Complete your exercise and when you finish, click on the stop button and then press finish and then save your activity. This will automatically log it in your group.

