

GTS PE Department Transition Challenge 2020

Virtual Journey to GTS

For your PE challenge, we would like you to get active! We want you to come up with a creative way, using a physical activity, to do a virtual journey from your home to GTS.....no public transport or motorised vehicles allowed!

This is a virtual challenge...so you could do this in your garden, in your house or even when out on your daily exercise. Once you have come up with your physical activity we would like you to take on one or both of the following:

- Make video lasting no more than **4 seconds** of your virtual journey and then get one of your parents/carers to upload it to 'WeTransfer' (see instructions below). **Please note there is a deadline of 22/7/20 for this.**
- Across the course of the week see how many times you can travel virtually between your home and GTS – track the distance!
 - Please note it may be necessary to apply a scale to your way to travel e.g. 1mile cycling = 10m hopping = 1m handstand walking
 - Remember we are looking for the most creative ways and for you to challenge yourselves physically!

If you are stuck for ideas then watch our video showing how the PE Department chose to complete the challenge.

We would also love for your parents / carers to follow our 'PE at GTS' Facebook page and for you all to take part in our weekly challenges – you could even join in with our daily PE lessons!

Good luck and we look forward to meeting you when you start at GTS.

WeTransfer Instructions (for uploading your 4 second videos)

- Go to the WeTransfer website (<https://wetransfer.com>)

If on your **mobile phone / tablet**:

- Click on 'send a file?'
- Click on 'Add your files'
- Select your video from your files and then click 'done', 'ok' or whatever your device instructs you to do to upload it.
- Click 'next'
- Select the 'Send an email' option
- Click 'next'
- In the 'Email to' box, type in: pevideos@gts.devon.sch.uk
- In the 'Your email' box, type in your email address
- Click the 'Transfer' button.
- It will then ask you to verify your email – go into your emails and get the verification code.
- Type the verification code into the box and click 'Verify'.
- Your file will then be transferred.
- You will get an email letting you know when it has been successfully transferred and then again, once we have downloaded it.

If on a **laptop / desktop**:

- Click on 'Add your files?'
- Select your video from your files and then click 'open' or whatever your device instructs you to do.
- In the 'Email to' box, type in: pevideos@gts.devon.sch.uk
- In the 'Your email' box, type in your email address.
- Click the 'Transfer' button.
- It will then ask you to verify your email – go into your emails and get the verification code.
- Type the verification code into the box and click 'Verify'.
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