

# FLYING FERGUS



# SUMMER CHALLENGE

## RESOURCE PACK FOR TEACHERS

**Dear teachers,**

Have you recently sat in your classroom and despaired over all of the exam preparation left to do? Have you felt the frustration of not being able to do something fun and exciting with your kids, because you're so bogged down with assessment, assessment, assessment? Fear no more! Summer is here, exams are over (hooray!) and we've put together a fun-filled, action-packed series of lessons to prepare your kids for the *Flying Fergus* Summer Challenge!

# Flying Fergus SUMMER CHALLENGE

## THE FACTS

The *Flying Fergus* Summer Challenge is based on Sir Chris Hoy's action-packed, cycling adventure series, *Flying Fergus*, as well as his cycling handbook, *On Your Bike*. It is also inspired by recent research carried out by *The British Journal of Sports Medicine*. The research found that children stop exercising from as young as seven (yes, seven!) years old - having huge affects on health and wellbeing. Here are some facts from the report:

- On average, boys spent 75 minutes a day exercising when they were seven, falling to 51 minutes when they were 15.
- The average girl spent 63 minutes per day doing moderate to strenuous physical activity when seven years old, which fell to 41 minutes at 15.
- Children aged seven spent half their day sitting, and by the age of 15 this had gone up to three-quarters of their day spent sitting.

It's no wonder that Sir Chris, Fergus and his pals decided it's time to STOP all the sitting in schools and to START the exercising! This is where the *Flying Fergus* Summer Challenge comes in. Are you ready to get on your bike?

## HOW IT WORKS

The *Flying Fergus* Summer Challenge is an exercise-based challenge to be completed over the six-week holiday. It also incorporates various educational 'pit stops' or objectives to keep kids learning over the break.

It begins with the five preparatory lessons in this resource pack, ideally to be completed before the end of summer term. This way, kids are fully prepared to go home and complete their Summer Challenge Log. Visit [www.flyingfergus.co.uk/schools](http://www.flyingfergus.co.uk/schools) to find the all-important, corresponding **Children's Pack** as well as **Parents' Notes** to support the Challenge over the summer.



## THE AIM

The aim of the Summer Challenge is for children to gain PEDAL POWER throughout the summer holiday. They can do this in three ways:

1. By completing their chosen exercise for a certain amount of time per day.
2. By completing bonus 'pit stop' activities in the Children's Pack.
3. By reading extracts from the Flying Fergus books (also in the Children's Pack).

The more Pedal Power amassed by the children in your class, the more likely you are to win the grand prize of **a visit to your school** by Sir Chris Hoy himself. The individual winner with the most Pedal Power and best Summer Challenge Log will also receive a brand spanking new bike to start the new school year in sporting style!

## THE GOLDEN RULES

Children cannot gain Pedal Power unless they fill in their Summer Challenge Logs with details of the activity done on each day, the time taken, and the number of Pedal Points gained. Before they get started, make sure that everyone in your class knows the Golden Rules for how to earn Pedal Power throughout the summer holiday. You could even make it into a classroom display!

COMPLETED EXERCISE / PER DAY	NUMBER OF PEDAL POINTS
10 minutes	1
30 minutes	10
More than 1 hour	20
BONUS POINTS / PER DAY	NUMBER OF PEDAL POINTS
Bonus pit stop activity	20
20 minutes of reading	5

## HOW TO ENTER

There are two simple steps to enter your class into the Flying Fergus Summer Challenge:

1. Sign up before Friday 21st July using the online form. You can find it here: <http://eepurl.com/cxLxwb>.
2. Send your final Pedal Power total (the sum of everyone's in the class) to [flyingfergus@piccadillypress.co.uk](mailto:flyingfergus@piccadillypress.co.uk) by Friday 8th September. Don't forget to include any model work or Summer Challenge Logs to make your entry stand out!



## LET'S GET STARTED!

This resource pack provides material for five, hour-long lessons that can take place during KS1/KS2 classes or as extra-curricular activities. The pack covers English, Science, Physical Education and PSHE objectives. They include but are not limited to:

### Physical Education

- PE2/1.1e taking part in outdoor and adventurous activity challenges both individually and within a team.
- PE2/1.1f comparing their performances with previous ones and demonstrate improvement to achieve their personal best.

### Science

- Sc4/1.5 recording findings using simple scientific language, drawings, labelled diagrams, keys, bar charts, and tables.
- Sc4/1.6 reporting on findings from enquiries, including oral and written explanations, displays or presentations of results and conclusions.
- Sc6/2.2b recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.

### English

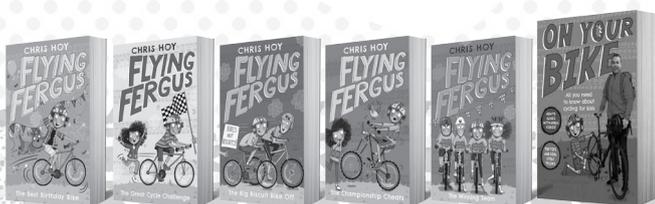
#### Reading

- En3/2.2a develop positive attitudes to reading, and an understanding of what they read, by:
  - i. Reading books that are structured in different ways and reading for a range of purposes.
- En3/2.2c retrieve and record information from non-fiction.

#### Writing

- En4/3.3b draft and write by:
  - i. in non-narrative material, using simple organisational devices.

LESSON TITLE	CURRICULUM OBJECTIVES	OUTCOME
1: Why exercise?	Sc6/2.2b; En3/2.2a; En3/2.2c; En4/3.3b	a front cover for a handbook about chosen exercise
2: Heart rates	Sc4/1.5; Sc4/1.6; Sc6/2.2b	a table of exercises and corresponding heart rates
3: Healthy eating	Sc4/1.5; Sc4/1.6; Sc6/2.2b	a personalised plate filled with healthy foods
4. Setting a goal	PE2/1.1f; En4/3.3b	a Goal Sheet of individual goals and challenges
5. Summer Challenge Log	PE2/1.1f; En4/3.3b	a Summer Challenge Log cover and template





## LESSON ONE: WHY EXERCISE?

### Lead-in questions:

1. Why do people exercise?
2. What are the benefits of exercising?

### ACTIVITY ONE:

Show children three images of exercise from **On Your Bike** (jogging, press-ups, swimming). Ask them to name the exercises. Can they come up with some more? List them together.



### ACTIVITY TWO:

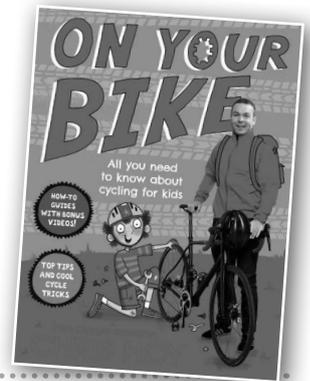
Ask children to choose their favourite exercise from the list that they have created. Why is it their favourite? Can they make a list of benefits of doing their chosen exercise?

### ACTIVITY THREE:

Children should analyse the front cover of Chris Hoy's cycling handbook, *On Your Bike*. What do they like about it? What makes it appeal to children? Encourage them to pick out colours, images, font size and style, key words and phrases.

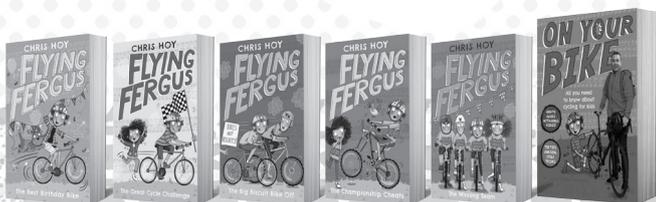
For example, what key words stand out to them in the phrase:

'TOP TIPS AND COOL CYCLE TRICKS'



### ACTIVITY FOUR:

Now it's the children's turn to design a front cover for a handbook about their chosen exercise. Make sure that they refer to the success criteria from Task 3. Share them with us on Twitter at [@PiccadillyPress](https://twitter.com/PiccadillyPress)!





## LESSON TWO: HEART RATES

### Lead-in questions:

1. Why is a healthy heart important?
2. What do we mean when we say 'heart rate'?

### ACTIVITY ONE:

Ask children to match the following exercises to the right heart rates. They must explain their choices:

WALKING SLOWLY	105 B.P.M
SLEEPING	67 B.P.M
SPRINTING	140 B.P.M
READING	120 B.P.M
JOGGING	78 B.P.M.
WALKING FAST	95 B.P.M

Answers: walking slowly 95 B.P.M.; sleeping 67 B.P.M.; sprinting 140 B.P.M.; reading 78 B.P.M.; jogging 120 B.P.M.; walking fast 105 B.P.M.



### ACTIVITY TWO:

Children will need some space to get active! In pairs, they should record each other's heart rates when they do the following exercises:

	Beats in 10 seconds	Multiply by 6	Beats per minute
RESTING			
JOGGING			
STAR JUMPS			
RESTING			

What pattern do they see? Children should be able to identify that heart rate increases with exercise.





## LESSON THREE: HEALTHY EATING

### Lead-in questions:

1. What things do you like to eat?
2. How many of them are healthy?
3. What healthy things do you eat?

### ACTIVITY ONE:

Ask children to read this extract about healthy eating from Chris Hoy's handbook *On Your Bike*:

*Top athletes have to eat really well, and follow special diets before races that give them all the nutrients they need. But you can make a big difference by making sure you're eating right at home. Make sure you always eat balanced meals - that means having a good mixture of protein, carbohydrates and veg every day. If you're a fan of fishfingers like Fergus, eat them with peas and potatoes too and you've got all three food groups covered. [Page 104]*

Comprehension questions:

1. Why do top athletes need to follow special diets before races?
2. What three things make a balanced meal?
3. If you like fishfingers, what should you eat with them?

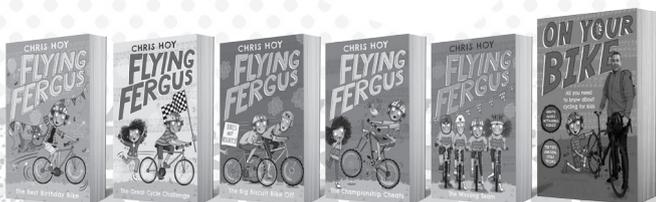
### ACTIVITY TWO:

Children should study the plate of food pictured here.

Can they label some of the food items that they can see?

Can they label each segment of the plate with the right food group from the list below?

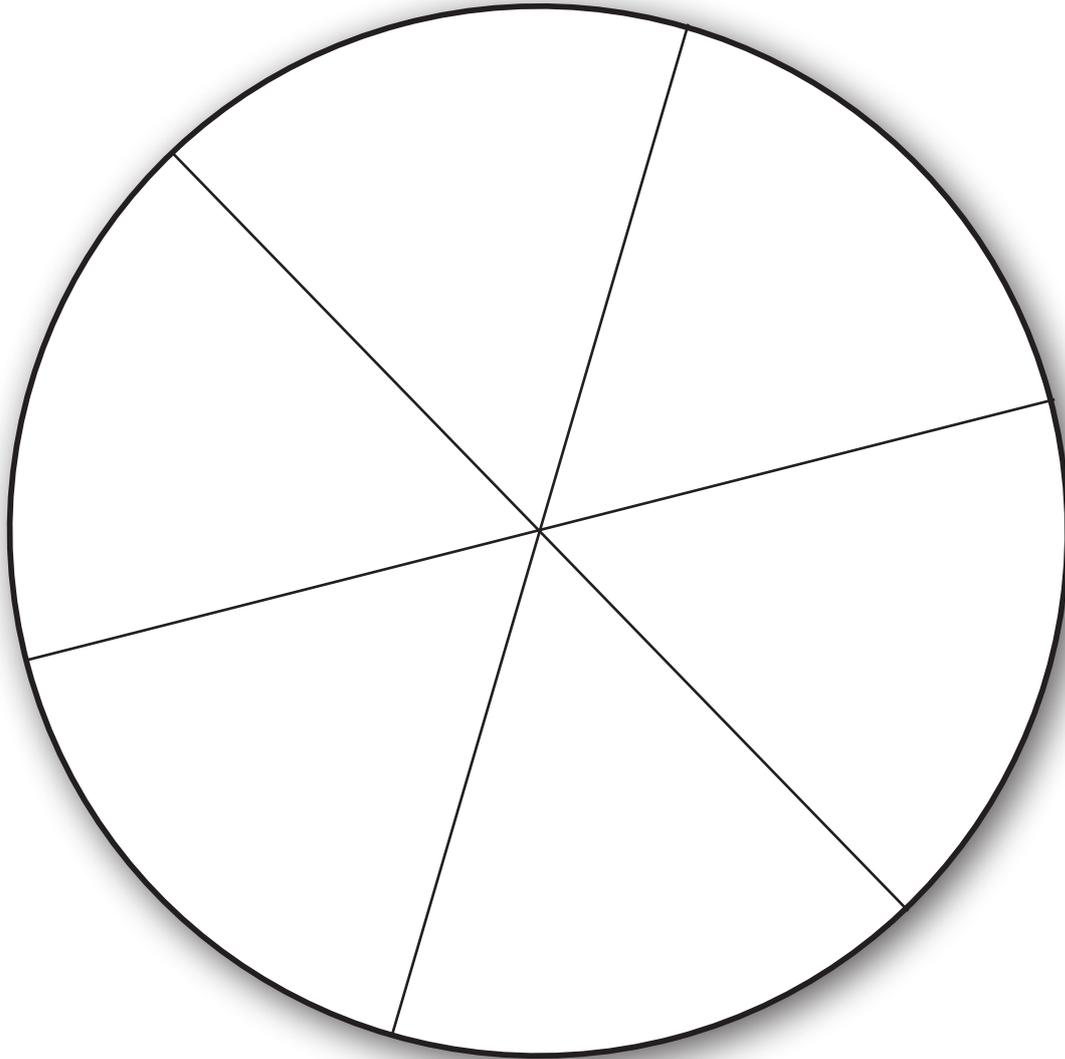
**VEGETABLES • PROTEIN • FRUIT • LIQUID  
DAIRY • CARBOHYDRATES**





## ACTIVITY THREE:

Now it's time for children to create their own special lunchbox for exercise days! They need to choose one thing from each segment of the plate in Task 2 and draw them on their own blank plate.



**EXTRA:** Children can find more fun facts and healthy recipes about eating in Sir Chris Hoy's *On Your Bike*, including Fergus's Fave Fruity Flapjacks and Chimp's Cheesetastic Scones. We know they won't want to miss out...





## LESSON FOUR: SETTING A GOAL

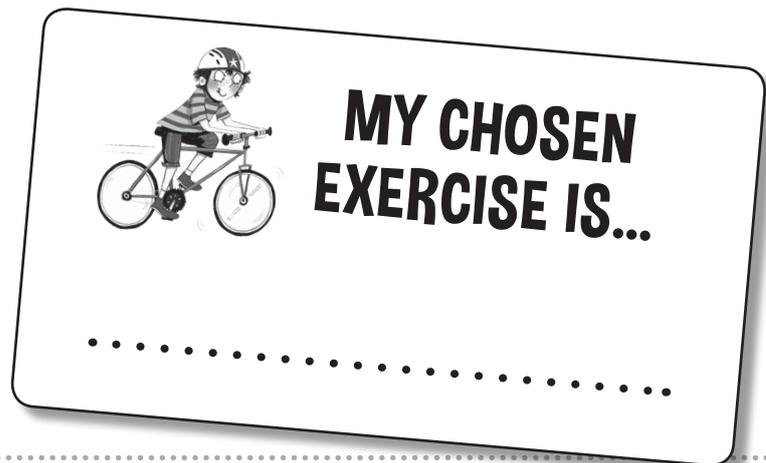
### Lead-in questions:

1. Why is it important to set goals in life?
2. Why is it especially important to set goals when you're doing exercise?

### ACTIVITY ONE:

Ask children to pick their favourite exercise from the past few lessons. It might be cycling, walking, running or swimming, it might be a completely new exercise for them, or it might be one that they do regularly. However, children need to pick carefully. It needs to be an exercise that they can do over the summer holiday as part of the Flying Fergus Summer Challenge.

Ask children to pick their exercise and share with the class their reasons for choosing it. They should then create a badge to wear and show off their chosen exercise.



### ACTIVITY TWO:

Now it's time to set some goals for the Summer Challenge. Using the prompts below, ask children to create their Goal Sheet.

My GOAL is.....

What will help me to achieve my goal?.....

Who will help me to achieve my goal?.....

What might I find difficult? .....

How will I get past my difficulties? .....

I will achieve my goal by .....





## LESSON FIVE: SUMMER CHALLENGE LOG

The activities in this lesson may take up to two hours or more. Children can continue creating their Summer Challenge Logs at home if they wish to spend more time on it.

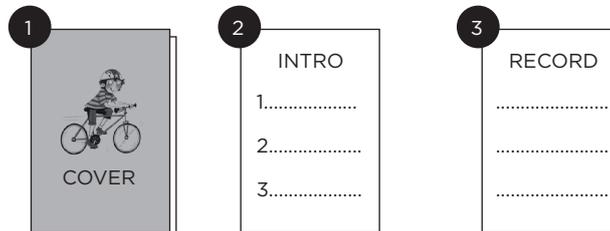
### Recap task:

Ask children to make a list of the things that they have learned over the past few lessons. The list might include information about types of exercise, heart rate, healthy eating and exercise goals.

### ACTIVITY ONE:

Children need to create a Summer Challenge Log to use for the Flying Fergus Summer Challenge over the summer holidays. The Summer Challenge Log template is part of the corresponding Children's Pack, which you can find at [www.flyingfergus.co.uk/schools](http://www.flyingfergus.co.uk/schools). However, if children prefer to use a notebook or a folder, or even just a stack of paper stapled together, then that's also fine with us! The main thing to remember is that it needs to have the following things:

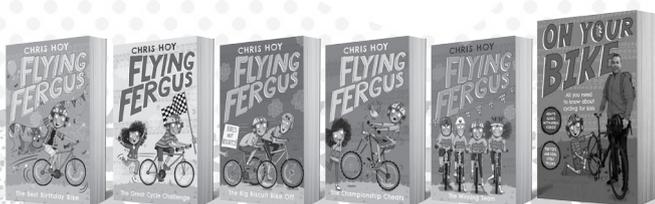
1. A front cover
2. An introduction page that lists individual goals
3. An exercise record



Encourage kids to get creative and to use everything they've learned to produce a Summer Challenge Log that is true to their own personalities and goals!

**TOP TIP 1:** The front cover should feature the children's chosen exercise so that we can clearly see what they are focusing on.

**TOP TIP 2:** The inside pages of the Summer Challenge Log should include an exercise record so that children can keep track of their Pedal Power over the summer holiday. They can find templates for this (and everything else that they need) inside the Flying Fergus Summer Challenge Children's Pack at [www.flyingfergus.co.uk/schools](http://www.flyingfergus.co.uk/schools).



# GOOD LUCK & HAPPY PEDALLING!

The Flying Fergus Team

Remember to share any great work or Summer Challenge Logs with us on Twitter at **@PiccadillyPress**

We look forward to hearing all about your class's amazing Summer Challenge. Here's to sun, summer, exercise, Pedal Power and (not forgetting) all that learning!