Course 2: GPS-run

To do this course you will need:
You and each group of the students will need a phone with a GPS app

Part 1: Before you start
1. Download a GPS app f.x. Turf Hunt, Find2Learn
2. Create posts in the app. Depending on the time available you can make a suitable number of posts. In this course we have made 10 examples, but it depends on your surroundings on your school facilities and your time available. The examples is in a list below.

Part 2: Let's get started
1. Make sure the students download the app know how to use it. Make an introduction if needed
2. Divide the students into groups
3. The students starts the run and the teacher monitor the students during the run
4. The students upload pictures, videos and other materials while they solve the posts

Part 3: After the run
1. Make sure all students have understand the questions in the rund. Talk about the pictures, videos and other materials

The outcome of this course
This course can be used when your students want an active break from teaching and when the teacher want to check the students outcome from the teaching.

Task suggestions

Task 1	What exercises could you do to build up muscles? Make a short video where you do the exercise	
Task 2	What exercise could you do to make your body relaxe? Make a small video of you doing it	

Task 3	Make this tabata-workout	Link to a tabata work out (4min): [4-Minute Fat Burning Workout	Tabata for Beginners - YouTube](url)
Task 4	Take a picture of a place you find relaxing	
Task 5	You are having a heart attack, what can you do to calm down?	
Task 6	What exercises can you do to make the heart beating very fast? And why is it important to exercise your heart?	
Task 7	It is very important to thing about your mental health – a way of doing that is though mindfullness. Find a place where you can sit down and be quiet for 1 min.	
Task 8	Do 3 stretching exercises and take a photo of them	
Task 9	Why is it important to be physical active every day?	
Task 10	Get the ball in the basketball hoop 10 times. How long did it take for you?	