



BOLTON COLLEGE

If you have a disability, we can adapt elements of the event to meet your needs – please email sam.santley@boltoncc.ac.uk for more details.



Lockdown Olympics

Starts Wednesday
13th January 2021

Do you have what it takes to win Gold?



All students and staff are invited to participate in Bolton College's Lockdown Olympics; now don't worry if your cupboards are severely lacking in Olympic equipment – we're saying NO to figure skates, bobsleighs and skis and YES to teabags, trainers and toilet rolls - this is an Olympics like no other!

The event runs for 7 weeks, and each week will be dedicated to one activity. Taking part is easy – simply film yourself completing each round, then upload the video to social media or email Sam Santley – full details below.

There are 10 points up for grabs for each round, evidenced weekly on a leader board. The best bit? At the end of the event, the top three individuals in each student and staff category will win a prize! So, summon that Olympic spirit, and check out what's in store:

Round 1

1 METRE TEABAG THROW
Wednesday 13th January –
Sunday 17th January

It's you against the teabags! Get 10 teabags and attempt to throw them into a mug 1 metre away – how many teabags can you get in the mug?

Round 2

THE WALL SIT
Monday 18th January –
Sunday 23rd January

Sitting still is easy right? WRONG! Put your back right up against a wall with your knees bent at a 90 degree angle, with your arms folded or down by your side. Now, wait for the pain to hit but don't give up, pain is your friend! If you can do over 75 seconds, we'll be impressed!

Round 3

1.5 MILE RUN
Monday 24th January –
Sunday 31st January

Download the FREE Strava app and join 'Bolton College Luna Challenge' group. We've been easy on you so far, so now it's time to work up a bit of a sweat. Quite simply, how fast can you run 1.5 miles? Scores will be recorded on Strava, so it's essential you join to take part.

Round 4

10 ROLL BOWLING
Monday 1st February –
Sunday 7th February

If you've bulk-bought toilet roll like last lockdown, this round will be a piece of cake. Stack 10 toilet rolls onto each other in a 4-3-2-1 formation, just like a pyramid, then use another toilet roll to knock them down. You only have one shot, can you get a STRIKE!?

Round 5

30 MINUTE RUN/WALK CHALLENGE
Monday 8th February –
Sunday 14th February

You should already have Strava from Round 3 but if not, download the app and join 'Bolton College Luna Challenge' group. How far can you travel in 30 minutes? Distance is the aim, but it's up to you whether you walk, speed walk, hop or run! Scores will be recorded on Strava, so it's essential you join to take part.

Round 6

PRESS-UPS IN A MINUTE
Monday 15th February – Sunday 21st
February

It's time to use those guns – how many press ups can you complete in 1 minute?

Round 7

SOCK, CLAP & CATCH
Monday 22nd February –
Sunday 28th February

Roll up a pair of CLEAN socks, throw them up in the air and clap before you catch them again. How many catches can you achieve in 1 minute without dropping the socks?



It's time to go for GOLD!

To participate, record each activity then upload to Twitter or Instagram, tagging in either:



@BoltonSport_PS

or



@boltoncollegesport

Alternatively, email your video to sam.santley@boltoncc.ac.uk