



This summer we want you to join us on Instagram and demonstrate your enthusiasm, curiosity, commitment, and creativity. Over the next eight weeks we will be setting a task every seven days through Instagram and we would like you to post your responses.

### What's required?

1. You **must** create a new Instagram account, one that is **solely dedicated** to your Adventure Education & Sport course and college life.

The name you choose should be **easily identifiable** as a Plumpton Adventure Education & Sport student and your account bio must include '**Plumpton College Adventure Education & Sport Student**'

We **strongly recommend** that you make your account private and only accept 'follow' requests from other Plumpton students, Plumpton affiliated Instagram accounts and other Adventure Education & Sport enthusiasts.

2. Your new account should be dedicated to your course, please **do not** use this as a personal account - it should only be used for Adventure Education & Sport related content and opinions. Think of how you present yourself on social media as this can (*and has in the past*) impact on opportunities in the future.

3. You must follow the Adventure Education & Sport course Instagram account so we are able to set the weekly tasks and monitor your progress by 'tagging us' in your post.

4. Be respectful. Only use the DM function (Direct messaging) to get know your new classmates. Be positive, professional but most importantly... **Nice!**



[Follow us here](#)

### Task 1\*

"You see a children's swing... I see a pull up bar!"

So... for your first task we want you to document how you are overcoming the temporary closure of sports facilities and outdoor activity centres. We would like you to post pictures or videos of innovative ways you have adapted everyday objects or scenarios and transformed them into an active situation. There are no limits to the amount of posts you make on this particular task!

\* This is the only post that has no specific time limit as we appreciate that you will not all receive the summer project at the same time and that opportunities maybe limited due to the current lockdown situation.

*We expect that as well as the weekly tasks set that you post at least once a week about something Adventure Education & Sport related. **All other tasks set must be completed within a seven-day period.***

If you have any concerns or issues please contact: Alex.hardman@plumpton.ac.uk