



Over the summer we want you to immerse yourself in some subject related tasks that will get you ready for your new course in **Adventure Education & Sport**.

The below activities have been designed to keep you up to date with latest developments in **Adventure Education & Sport** and come to college in September with some ideas and information to share with your new classmates and lecturers.

We do not require that you produce much physical work but we encourage you to keep some notes, perhaps a diary and where relevant take some photographs on your phone as a way of retaining what you have learnt.

We want you to join us on Instagram & Strava and demonstrate your enthusiasm, curiosity, commitment, and creativity. Over the next eight weeks we will be setting a series of tasks and we would like you to try and complete them all and post your responses **#plumptonsummerchallenge**

What's required?

- 1) Follow us on *Instagram* by clicking on the Link below



- 2) Select the challenges you want to try and complete
- 3) Create a *Strava* account to log your progress against our challenges.



- 4) Get photo evidence of you completing our challenges
- 5) Keep us up to date with your progress by 'tagging us' in your posts.
- 6) Be respectful and be professional with any comments
- 7) There will be prizes for the best efforts!

BE INSPIRED

Challenge 1:

Strava Art – most decorative art
On your journeys, we want you to try and create the most decorative art you can think of (sensible images will only be accepted)



BE INSPIRED

Challenge 2:

Longest Drive - Its time to hit the driving range or golf course – We want you to record yourself hitting the longest drive you can (use an Instagram app to record your distances). Send us your video post and we will see who has the longest drive.



BE INSPIRED

Challenge 3:

Cross bar challenge - we want you to take part in the cross bar challenge. Once again have your camera rolling, and from a minimum of 20m away try hit the cross bar of either a football or rugby post.



BE INSPIRED

Challenge 4:

3 Peaks Climbing Challenge
We want you to climb the total height of the 3 peaks in your 6 weeks. That is:
Snowden 1085m;
Ben Nevis 1345m
Scafell Pike 978m.



Total 3408m of elevation!

BE INSPIRED

Challenge 5:

Lands Ends to John O'Groats

Cycling 603mile

We want you to try and cycle the equal distance of Lands Ends to John O'Groats

Strava App will allow us to track your movements



BE INSPIRED

Challenge 6:

Run a marathon

(total distance – 26.2Miles)

We want you to run a distance of a marathon over the 6 weeks. Again Strava will be used to record your distances



BE INSPIRED

Challenge 7:

Long range field goal -

We want to see who can slot the longest range field goal for rugby or football. Again Instagram recordings must be used and distance must be shown



BE INSPIRED

Challenge 8:

Best Trick shot - We want you to perform your best trick shot in any sport. Use video recording and post on Instagram for us to decide who had the best trick shot.

