



**St Cath's  
Lockdown Olympics**



# Congratulations!



**All St Catherine's students have qualified to participate in the 2021 St Cath's Lockdown Olympics!**

Here's what you need to know:

- Students will represent their houses and earn points by completing various physical challenges each day of the Olympic Games (23 July – 8 August).
- To earn points, students must submit photo/video proof of themselves attempting the challenge (instructions are included on the next slide). Students must use their school logins (i.e. name@stcaths.nsw.edu.au).
- There is a limit of one entry per student per challenge.
- Bonus points will be awarded for creativity. For example:
  - Involving family members (parents, siblings, pets)
  - Completing challenges in Olympic-themed costumes
  - Completing challenges in groups over Zoom
- Points will be tallied and a podium will be announced at the conclusion of the Games.
- Have fun with it and get moving!

# How to submit your footage:



In order to earn points for their house, students must submit proof of their challenge attempts in the form of a video or photo. Please note there is a limit of one entry per student per challenge, but bonus points are on offer for creativity.

Points will be tallied and the three houses with the most points will be declared champions.

Please complete the following Office Form for each entry and attach your evidence. Students must use their school logins (name@stcaths.nsw.edu.au) in order to upload files.

Click here to  
report your  
attempt or use  
the QR code:



# 23 July – 28 July



## Friday 23 July

### OPENING CEREMONY

Dress up as your favourite Australian Olympian with items from around the house and send in an action shot.

## Saturday 24 July

### STEPS CHALLENGE #1

Reach 10,000 steps today and upload a screenshot of your health app (duplicate photos will be disqualified so no cheating!).

## Sunday 25 July

### ADVANZ HEALTH #1

Follow [this link](#) to a full body and core stability workout led by our friends at Advanz Health Waverley (for all ability levels).

## Monday 26 July

### PLANK CHALLENGE #1

Attempt a plank hold for 45 seconds.

## Tuesday 27 July

### SALLY SQUAT CHALLENGE

Follow [this link](#) to the Sally Squat Challenge. If you don't make it all the way have a quick rest and finish it off. Good luck!

## Wednesday 28 July

### JUGGLING CHALLENGE

Attempt to juggle 3 balls continuously for as long as you can. Bonus points for using creative items e.g. fruit, toys.

# 29 July – 3 August



## Thursday 29 July

### STEPS CHALLENGE #2

Reach 12,000 steps today and upload a screenshot of your health app (duplicate photos will be disqualified so no cheating!).

## Friday 30 July

### PUSH-UP CHALLENGE

How many push-ups can you complete in 2 minutes? (bonus points for being on your toes).

## Saturday 31 July

### KEEPY-UPS CHALLENGE

How many football keep-ups can you make in a row? Bonus points for using creative objects e.g. toilet paper roll, teddy bear.

## Sunday 1 August

### PLANK CHALLENGE #2

Attempt a plank hold for 90 seconds.

## Monday 2 August

### ADVANZ HEALTH #2

Follow [this link](#) to an Advanz Health posture strength and balance class (for all ability levels).

## Tuesday 3 August

### HANDSTAND CHALLENGE

How long can you hold a handstand? Bonus points for longer times.

# 4 August – 8 August



## **Wednesday 4 August** **WALL SIT CHALLENGE**

Attempt a wall sit for 2 minutes.

## **Thursday 5 August** **PLANK CHALLENGE #3**

Attempt a plank hold for as long as you can. Bonus points for longer times.

## **Friday 6 August** **ADVANZ HEALTH #3**

Follow [this link](#) to an Advanz Health full body workout and meditation (for all ability levels).

## **Saturday 7 August** **STEPS CHALLENGE #3**

Reach 15,000 steps today and upload a screenshot of your health app (duplicate photos will be disqualified so no cheating!).

## **Sunday 8 August** **CLOSING CEREMONY**

Come up with your own Olympic-themed workout. Some inspiration might be: artistic swimming, equestrian, table tennis.