



THE ~~HUNGER~~ GAMES

2021

LOCKDOWN

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THE LOCKDOWN GAMES- HOW TO PLAY?



The Lockdown Games have been designed to test your accuracy, balance, coordination and skill level across 6 different challenges.

Each challenge is categorised into either “**Challenger**” or “**Legendary**”. In the true spirit of the lockdown games, we want everyone to complete both levels of the challenge, in particular, the **Legendary** option!

You can complete each challenge a **maximum of three times** with your best score going forward. Record this on your tracker.

Inter-house – participation points will be awarded to your houses - SJBCA

Good luck, embrace the challenge and **seize immortality!**

Equipment List



The equipment list below details to you everything you need to equip yourself to take on the lockdown games. Anything in the “**Essential**” column, you must have to take part. The items in the “**Substitute**” column can act as replacements for items you may not have.

<u>Essential</u>	<u>Substitute</u>
Water Bottle	
Toilet Roll (x2)	Tennis Ball/Orange
2 Tins	2 bottles/2 shoes
Mug	Bowl
Tea Bags x10	Scrunched up paper x 10
1 small tea towel	Hand towel or sheet of A4 paper
Timer/Smart phone	Count out loud

Gather all of the equipment before starting

Challenge 1- Total Teabags

Challenger Status

1. 3 large steps away from target (3-4m away)
2. Face towards target
3. 10 attempts at landing as many tea bags in the mug as possible (or rolled up paper)

Legendary Status

1. 3 large steps away from target (3-4m away)
2. Close eyes or cover with blindfold/mask
3. 10 attempts at landing as many tea bags in the mug as possible (or rolled up paper)



Challenge 2- Bottle Flip

Challenger Status

1. Stand next to a raised surface, one step away (arms distance)
2. Attempt to flip the bottle in one full rotation and land flat on the surface.
3. Your score is how many times you can land the bottle in 60 seconds

Legendary Status

1. Stand next to a raised surface, three pigeon steps away
2. Attempt to flip the bottle in one full rotation and land flat on the surface.
3. Your score is how many times you can land the bottle in 60 seconds



Challenge 3- Toilet Roll Catch

Challenger Status

1. Hold the toilet roll in two hands.
2. Throw up in the air, rotate 180 degrees and catch it behind your back
3. Your score is how many times you catch the toilet roll in a row without it hitting the floor.

Legendary Status

1. Hold the toilet roll in two hands.
2. Throw up in the air and catch it behind your back whilst facing the same direction
3. Your score is how many times you catch the toilet roll in a row without it hitting the floor.



Challenge 4- Target roll

Challenger Status

1. Fold a tea towel (small towel or piece of A4 paper) in half
2. Take three large steps away from the target. (4-5m)
3. Roll the toilet roll and attempt to land it on the target
4. Your score is determined by how fewer attempts it takes, first time is the best possible score!

Legendary Status

1. Fold a tea towel (small towel or piece of A4 paper) in half and then half again – making target areas SMALLER
2. Take three large steps away from the target. (4-5m)
3. Roll the toilet roll and attempt to land it on the target
4. Your score is determined by how fewer attempts it takes, first time is the best possible score!



Challenge 5- SOUPerbowl

Challenger Status

1. Position two tins (or any other item) 2 hand widths apart at a distance of 4-5m away.
2. Using an orange (tennis ball or toilet roll) attempt to roll the item through the gate.
3. The highest score is the most amount of successful rolls in 60 seconds.

Legendary Status

1. Position two tins (or any other item) 1 hand width apart at a distance of 4-5m away.
2. Using an orange (tennis ball or toilet roll) attempt to roll the item through the gate.
3. The highest score is the most amount of successful rolls in 60 seconds.



Challenge 6- Balance the bogroll

Challenger Status

1. Position a toilet roll on the top of your head.
2. Whilst keeping the toilet roll steady, move down towards the ground and sit on your bottom with legs crossed.
3. Return to standing position.
4. Using a timer, complete this as quickly as possible.



Legendary Status

1. Position 2 toilet rolls on your head – one on top of the other
2. Whilst keeping the toilet rolls steady, move down towards the ground and sit on your bottom with crossed legs.
3. Return to standing position.
4. Using a timer, complete this as quickly as possible.



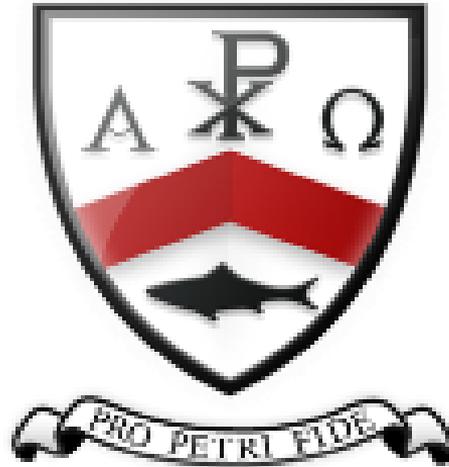
THE LOCKDOWN GAMES- COMPLETE?

If you are viewing this slide, then you have most likely completed the rigorous 6 challenges posed for you this week. Can you check you have done the following;



- Completed all six challenges - **Challenger and Legendary**
- Recorded your scores on **THE LOCKDOWN GAMES TRACKER**
- Handed your work in so your teacher can review your scores and award **inter-house** and achievements points/PARS.

Mission accomplished!



Well Done 😊