

## Climbing Challenge

**You may be climbing the walls at home but can you complete this climbing challenge?!**



### You will need:-

**12 x household items that are the same such as items of clothing (use cones in one colour if you are at school). These are the hand holds.**

**12 x different household items such as trainer or shoes (use cones in a different colour if you are at school). These are the foot holds.**

**4 markers to mark out each corner of the course.**

**Stopwatch / phone.**

### To mark out the course:-

**The course should be approximately 5m x 1.5m depending on your space.**

**Ramdonly place items or cones on the course.**

### How to climb-

**Starting at one end of the course, bear crawl only allowing your hands to touch the clothes (household object 1) and feet to touch the shoes (household object 2).**

**Every hold (object) must be touched at least once.**

**Time yourself Being careful not to incur a penalty**

**5 seconds for using the wrong body part on a hold**

**5 seconds penalty for touching the ground with your hand or foot**

**5 second penalty for every hold not used**

**Make sure to record your best attempt and share your pics and videos with @knowsleyspp on Twitter and instagram!**