

# **SUPERHERO CHALLENGE!**

## **HULK HOLD!**

**ARE YOU AS STRONG AS THE HULK?!**



**This competition is for children in years 5 and 6.**

**Grab hold of two tins of beans, bottles of water or anything that weigh around 500grams!!  
Hold them straight out to your sides so that your arms are at right angles to your body with your palms facing down.**

**Time how long you can hold this position, as soon as you drop your arms stop the clock!  
You have until the Friday 28th May to complete the challenge with as many children as you want.  
Please complete and email back the attached scoresheet to [d.sweeney@kirkbyhighschool.net](mailto:d.sweeney@kirkbyhighschool.net).  
When completing the scoresheet please put the number of children that competed in each year and  
**ONLY** put the name and score of the top scoring child in each year group.**