

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!