

SPAR LANCASHIRE SCHOOL GAMES

STAY AT HOME HEROES – CLIMBING

Challenge yourself, and your friends, to see who is ‘climbing the walls’.

How to play:

You will need:

- 12 x household items that are the same such as items of clothing (If you are playing at school use cones/throw down markers in one colour). These are ‘hand holds’.
- 12 x different household items such as trainers/shoes (If you are playing at schools use cones/throw down markers in a different colour). These are ‘foot holds’.
- 4 markers to mark out each corner of the course.
- Stopwatch/phone.

Mark out a course. The course should be approximately 5m x 1.5m (depending upon your space, it can be smaller but no larger). If using a smaller space, remove some of the items and complete the course twice.

Randomly place the items or cones on the course.

Starting at one end of the course, bear crawl the route only allowing your hands to touch the clothes (household object 1) and feet to touch the shoes (or household object 2). Every hold (object) must be touched at least once.

Time yourself. Being careful not to incur a penalty:

- 5 second penalty for using the wrong body part on a ‘hold’
- 5 second penalty for touching the ground with your hand
- 5 second penalty for every hold NOT used

To make it;

- Easier – position the household objects closer together or add in more items.
- Harder – introduce a third household object that neither your hands or feet can touch or take out items so they are more spaced out.

<https://www.facebook.com/LHschoolsport/videos/162323748542578/>

Time yourself climbing (crawling) the route and send a by **1st June (please note some areas will have their own deadline, contact your School Games Organiser for details)** and post your attempts on social media use the hash tags when posting on any social media; **#LancsGames20** and **#ClimbingChallenge** and state your name, district and the school you are from.

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your School Games Organiser contact details: **@LHschoolsport**

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.

Additional Challenge 1- Balance

Centre of balance sequence

- 1) Starting position standing with shoulder width apart
- 2) Shifting the centre of balance over one foot
- 3) Allow the other foot to be lifted easily (and move to the new balance, foot hold position)



Send us your photographs or videos by **15th June (please note some areas will have their own deadline, contact your School Games Organiser for details)** we will feature the most creative efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

Simply time how long to can balance on each foot. Your left might be different to your right. Before you start, select your favourite song and press play. Try to balance until your song finishes to get from the start to the finish. Without putting your other foot down on the ground.

To make this harder find a household item that can ask as a balance beam for example a broom handle.

We want to see you trying this challenge at home, please share your videos and photos to;

Twitter- @LancSchoolGames @LHschoolsport

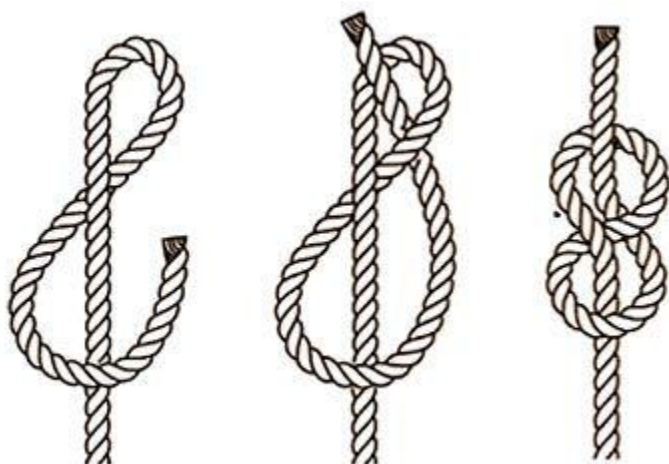
Facebook- @LancSchoolGames @LHschoolsport

Instagram- @lancshireschoolgames @LHschoolsport

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Additional Challenge 2 - Skill

Challenge yourself, and your friends, to see how fast you can tie a figure of 8 knot.



This can be done using a shoe lace/School tie/skipping rope etc.

Firstly figure out how to tie the knot then time yourself and challenge your class mates or friends.

You can try to beat yourself, or family members. If you are at school, you can have a knot tying race.

Then send us your scores and ideally your videos by **1st June (please note some areas will have their own deadline, contact your School Games Organiser for details)** we will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

If we are lucky enough to be back at school before then schools are obviously welcome to do their own challenge in school or do it yourself at home. Post your attempts on social media and see if your friends and fellow pupils can beat you and use the hash tag **#LancsGames20**.

We will have categories from each of; KS1, KS2, KS3, KS4 and adults- including parents and teacher's groups.

We want to see you trying this challenge at home, please share your videos and photos to;

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