



# 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.

Take a picture or even better a video by **8<sup>th</sup> May** and post your attempts on social media @wyreandfyldesgo (Twitter) and/or wyreandfyldessp (Facebook) and see if your friends and fellow students can beat you and use the hash tag **#LancsGames20**

We will feature some of the efforts on social media in our Spar Lancashire School Games celebration day materials on 30<sup>th</sup> June!!

**Send your entries to [l.cadwallader@cardinalallen.co.uk](mailto:l.cadwallader@cardinalallen.co.uk) giving your name, age group and school.**

**Make sure when submitting your entry you provide your name, age group and school.**

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.