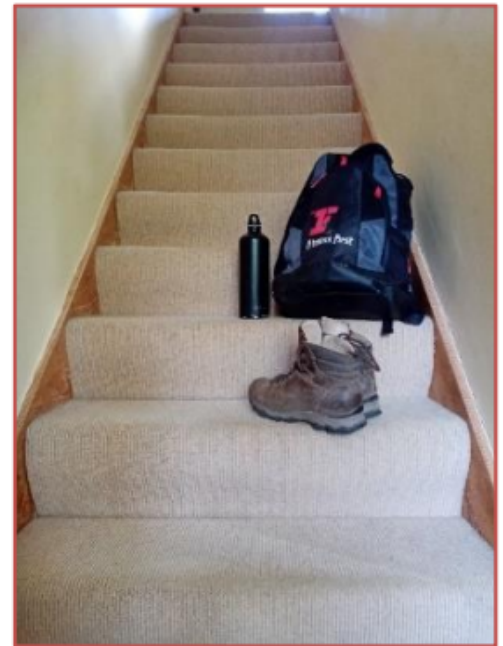


Y8 Haydon@Home Challenge – Mrs Phull's Climb a landmark – Deadline 21/01/21 at 3pm

You may have seen news videos about people climbing the height of Mount Everest on their staircases during lockdown.

This exercise challenge can be completed from the comfort of your own home. Maybe you could choose the same landmark to climb as a friend and have a mini competition going between you to see who can 'climb' it first.

Be creative in your choice of landmark to climb and **submit your completed entry form by Thursday 21st January at 3pm**



We want you to pick a landmark and climb the height of it up your own stairs in a week.

You need to attach all the prep you have done to work out how far you need to climb and how you have kept track of number of times you have gone up the stairs. There is a sheet at the bottom for templates and hints.

will think of and give yourself a challenge.



Points will be awarded for:

- The highest climb
- The most imaginative place

Bonus points will also be given for a time lapse video of you climbing the stairs as evidence.

Please upload your entries to my post on satchel by next Thursday at 3pm

How many stairs do you need to climb

Measure the height of one of your stairs.

Calculate the total staircase height, $\text{height of one stair} \times \text{number of stairs}$.

Calculate how many times you'll need to climb the staircase, eg. $1345 \div \text{staircase height}$ to climb Ben Nevis.

Make sure you units match! Show your working out here:

Keep track of your time here. Every time you climb the stairs write down the date, how long you climbed for and how many flight/individual steps you took.

E.g. 14.01.20 – 10mins – 100 steps (or 100 flights)

Write the final height climbed (in number of steps or metres):