

11 May 2020

Dear students, parents/carers and staff,



## RE: LOCKDOWN STAIR CLIMBING CHALLENGE

We are excited to start a new week with a new, rewarding challenge!

The PE team have decided to take part in 'The Climbing Challenge' to help raise money for **NHS Charities Together** – supporting NHS staff and volunteers caring for Covid-19 patients (Charity Registration No. 1186569). The department would like to invite students, parents, carers, staff – the whole school community to work as a team to stay active, stay healthy and have a little bit of fun. Please join us!

### What is 'The Climbing Challenge'...

It's simple! Use your stairs or any steps that are safe within social distancing guidelines and climb them. Keep count of how many times you go up and down and see if you can climb as high as Lichfield Cathedral, The Empire State or really go for it and conquer Mount Everest (see full details below).

Our main aim is to stay active and have fun, but if you would like to join the PE team in raising money then please direct family and friends to sponsor you by visiting our Just Giving page <https://www.justgiving.com/fundraising/lockdown-stair-climbing-challenge>. You can also access the Just Giving page by showing your smart phone camera to the QR code above.

It would be fantastic if you could send us some photos or videos of you climbing which may be used on our website, Twitter or for internal school displays (explicit consent will be requested in advance). Please send them in and keep us updated about your progress via email to [office@cttc.staffs.sch.uk](mailto:office@cttc.staffs.sch.uk). Fancy dress is always welcome!

### Preparation for your climb...

Firstly, you need to do the Maths! Use this formula to fill the table in below:

$a$  (number of stairs in a flight at home)  $\times$   $b$  (height of a step (usually 0.2m) ) =  $c$  (height of the flight of stairs) *Example: 14 stairs  $\times$  0.2 = 2.8m each flight*

$d$  (Height challenge) /  $c$  (Height of the flight of stairs) =  $e$  (Number of climbs to achieve the height) *Example: The Empire State Building 443m / 2.8m = 158.2 climbs (round down to 158 climbs)*

<b>Name of Height Challenge</b>	<b>Height of Challenge (m)</b>	<b>Number of Climbs</b>
The height of Lichfield Cathedral Central spire	77m	
Castle Ring	242	
Eiffel Tower	300m	
Empire State Building	443m	
<i>Burj Khalifa</i>	828m	
<i>Scafell Pike</i>	978m	
<i>Snowdon</i>	1085m	
<i>Ben Nevis</i>	1345m	
<i>Mt Zugspitze</i>	2962m	
Mt Fuji	3776m	
Mt Kilimanjaro	5895m	
Mt Everest	8848m	

We recommend that you find a way to remember how many flights of stairs you have climbed and not just rely on trying to remember. You could...

- Keep a tally chart. Paper and pen at the top of the stairs and mark down every time you reach the top (or bottom, what goes up must come down).
- Have a counted number, suggest at least 10 could try 50 or 100, of small tokens (Tiddlywinks, coins) at the bottom/top of the stairs. Each time you climb the flight of stairs take a token with you and leave it at the top/bottom.

If you are very competitive time yourself! Time each climbing session and record how many flights you climbed and how long it took. When you hit your height challenge, note how long it took in total and even how many days it was over.

### **Remember safety...**

- Warm up before you start your climbing (gentle pulse raiser some jogging/marching on the spot followed by some stretches, concentrate on your leg stretches).
- Make sure the stairs are safe to climb. You do not want to slip on the stairs have you got appropriate footwear?
- Breaks are important! If you start to get fatigued and you are going for it, keep it safe, stay hydrated, you may need a snack. If you start to get dizzy or you lose your balance, take a break or you may need to stop.
- When you finish, cool down with a gentle walk/march on the spot and then do your stretches. You will recover faster.

Good luck from all of the PE Department at Chase Terrace Academy (currently known as Chase Terrace Technology College). We look forward to hearing more about your climbing success.

Yours faithfully

**Mr J Swannell**  
**Head of PE**