

SUMMER HOLIDAY CHALLENGE

No.2

FLOOR CLIMBING

Enter for
a chance
to win!



It's important to keep getting active over the summer holidays so we're challenging you to 'try something new' with Team GB and ParalympicsGB athletes!

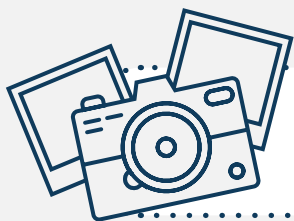
Sports climbing is brand new to the Olympic Games in Tokyo. To be good at climbing you need great core strength. **Try this climbing challenge** and then share your photo and you may win a prize!

What do I need?

- A mix of small objects e.g. a toy, a hairbrush, a book

How long will it take?

10 minutes



Share your best photo or video and you may win a prize!

(see 'How to enter' for more details.)

You might like
to do this on a
carpet or rug to
be more
comfortable!

What should I do?

1. Find an area with **enough space** to do the challenge.
2. **Space your objects** out along the floor, make sure they're not too far apart.
3. Stand at one end of your chain of objects.
4. Use your objects as handholds and **crawl your way along** until you reach the end of your course.
5. Take a picture of your climbing attempt – you can rotate it to make it look like you're climbing 'up'!
6. Why not **repeat the challenge** and see if you can climb even faster the next time around?

Go to: getset.co.uk/travel-tokyo/summer-holiday-challenges
to watch the video.

How to enter

Share your photo or video on social media or by email:

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 getset@getset.co.uk

Submit your challenge attempt by:
5th September 2021

How the challenge will be judged

Challenge attempts will be judged by a Travel to Tokyo panel who will be looking out for:



1

Climbing technique

2

Creative objects



Log your activity

Don't forget to log your activity against your team for the chance to win great prizes.

getset.co.uk/travel-tokyo/log-activity

Good luck!