



# Blakenhale's Weekly Mountain Climbing Challenge

HOW MANY MOUNTAINS CAN YOU CLIMB THIS WEEK ?

# Information



- ▶ Within this task you will combine your Geography, Maths and P.E skills in order to try and reach the summit of each mountain.
- ▶ You will be asked to complete physical tasks that will be worth a certain amount of points, or in this case meters, that you will need in order to climb each mountain.
- ▶ Add up your points (meters) and see what mountain you reach in the end.
- ▶ For extra points, there will be blanks that you will be asked to fill in on every slide. For every blank that you fill in, you gain an extra 50 meters. The blanks can be filled in at the end or if you're needing a rest from the activities.

# Before you set off...



Please ensure that all challenges can be completed within a safe and secure environment.



Only try tasks you feel you can achieve, remember this challenge is for your enjoyment and is not a class competition!



It is now over to you, enjoy!

# Activities and Points (Meters)

You must to complete both exercises to add the meters to your climb

You can pick any exercise from below to build up your meters to reach the summit of your chosen mountain.

100 meters	250 meters	300 meters	400 meters	500 meters	600 meters	750 meters
10 Heel Flicks	5 Push/Sit Ups	10 Second Balance	20 High Knees	20 Step ups	30 Second Wall Sit	30 Second Plank
10 Lungees	10 Jumping Jacks	10 Squats	15 Tuck Jumps	10 Burpees	20 Mountain Climbers	Jogging on Spot for 5 minutes



# Can you reach the summit of Ben Nevis? (1,345m)

- ▶ Ben Nevis is the highest mountain in the British Isles, situated in \_\_\_\_\_ in the Highlands of Scotland.
- ▶ The summit is 1,345 metres (4,413 ft) above sea level.
- ▶ Ben Nevis stands at the western end of the Grampian Mountains in the region of Lochaber, close to the town of Fort William.
- ▶ The summit is the highest land in any direction for 459 miles (739 km).





Will you be able to reach  
the heights of Mount  
Teide? (3,715m)

- ▶ Teide, or Mount Teide, is a \_\_\_\_\_ on Tenerife in the Canary Islands, Spain.
- ▶ Its summit at 3,715 m (12,188 ft) is the highest point in Spain and the highest point above sea level in the islands of the Atlantic.



## Is Mount Kilimanjaro in your sights? (5,895m)

- ▶ Mount Kilimanjaro is a dormant volcano in \_\_\_\_\_.
- ▶ It has three volcanic cones: Kibo, Mawenzi and Shira. It is the highest mountain in Africa and the highest single free-standing mountain in the world: 5,895 metres (19,341 ft) above sea level and about 4,900 metres (16,100 ft) above its plateau base.





## Muztagata is awaiting (            m)

- ▶ Located in Xinjiang, China. Muztagata or Muztagh Ata is the second highest of the mountains which form the edge of the Tibetan Plateau.
- ▶ Muztagh Ata lies just south of Kongur Tagh, the highest peak of this somewhat isolated range that is separated from the main chain of the Kunlun by the large Yarkand River valley, and thus generally included in the "Eastern Pamirs".





## The great heights of Mount Everest (8,850m)

- ▶ Mount Everest is Earth's highest mountain above sea level, located in the Mahalangur Himal sub-range of the \_\_\_\_\_.
- ▶ The China-Nepal border runs across its summit point. Its elevation (snow height) of 8,848.86m (29,032 ft) was most recently established in 2020 by the Nepali and Chinese authorities.