



Pole Climb

*Students must start with their feet in the mulch and two hands on bar.

*They may start climbing up the pole when ready (pushing in and down with their legs/feet while pulling up with their hands).

*Students use a hand over hand technique while going up, touch the red section at the top of the pole, then use hand under hand technique on the way down.

*When a student's feet land back in the mulch, their attempt is over.



1 time up and down is a Bronze Level!

2 times up and down is a Silver Level (touch 12" mark with feet and go back up)!

4 times down and back is a Gold Level (touch 12" mark with feet and go back up)!

*Students who earn any of these levels will get their name on a certificate to be placed on the wall.

