



Stairs to Everest

What is the world's tallest mountain?

- The world's tallest mountain is Mount Everest.
- It's around 8800m high and is on the border of Nepal and China.

Illustration: A man has climbed Everest on his stairs.

Climbing Everest on the Stairs!

Lots of people have been trying to do exercise indoors at the moment! But one man has climbed the height of the world's tallest mountain (8800m) on his staircase!

John Griffin did it to raise money for charity. The challenge took him 29 hours and he completed over 40 000 steps!

On social media, John thanked his family for their support. He also said he felt tired after he finished. John also says he will stay on the ground floor for a while!

Another person has climbed Everest on their stairs, too! A 12-year-old boy has done the same too! After his trip to climb Scafell Pike (the highest mountain in England) was cancelled, he felt he had to do something. He climbed his stairs 2507 times to reach the height of Everest!

Other people have completed challenges at home. For example, Elisha Nochomovitz, from France, ran a **marathon** on his 7-metre balcony.

Governments have been asking people to stay at home to keep safe. This has led many

people to come up with fitness **routines** they can do at home.

Others are doing activities, such as yoga and mindfulness. You can even do online dance lessons to keep yourself moving!

Joe Wicks has been holding fitness sessions every morning for children. He's called himself the **nation's** PE teacher. The sessions can be found on the Twinkl Home Learning Hub and happen at 9 a.m. every **weekday**.

The lessons have proved to be really popular. Over 1 million people have tuned in!

Glossary

routine Something people do regularly.

marathon A running race that is 26.2 miles (42.2km) long.

nation A country, such as the UK.

weekday The days most people work or are at school (Monday to Friday).

Questions

1. How many steps did John complete?

- ☐ 10 000
- ☐ 20 000
- ☐ 30 000
- ☐ 40 000

2. 'John also says he will stay on the ground floor for a while!'

This suggests that...

- ☐ he wants to do the challenge again.
- ☐ he is tired after climbing so many stairs.
- ☐ he wants to move to a different house.
- ☐ he wants his children to do it instead.

3. Draw a line to match the number with what it refers to in the story.

7

26.2

29

8800

the height of Mount Everest in metres

the hours it took John

the length of a marathon in miles

the length of Elisha's balcony in metres

4. Find and copy a word that means 'liked by a lot of people' in the last paragraph.

5. Which activity do you find the most interesting? Explain your answer.

6. Explain what today's story is about in 20 words or fewer.

Answers

1. How many steps did John complete?

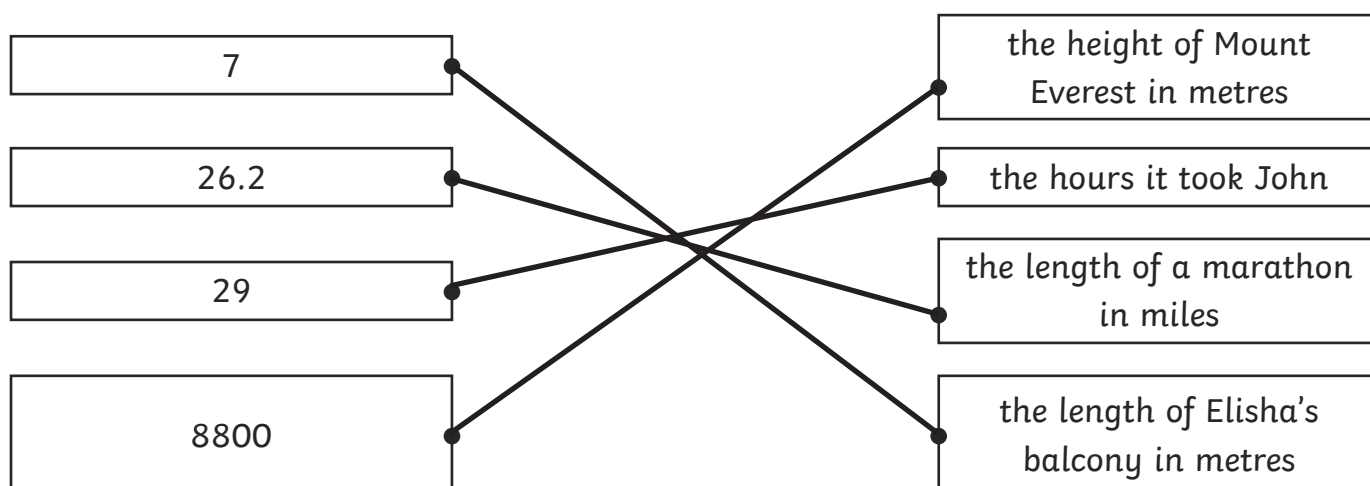
- ☐ 10,000
- ☐ 20,000
- ☐ 30,000
- ☒ **40,000**

2. 'He also says he will stay on the ground floor for a while!'

This suggests that...

- ☐ he wants to do the challenge again.
- ☒ **he is tired after climbing so many stairs.**
- ☐ he wants to move to a different house.
- ☐ he wants his children to do it instead.

3. Draw a line to match the number with what it refers to in the story.



4. Find and copy a word that means 'liked by a lot of people' in the last paragraph.
popular

5. Which activity do you find the most interesting? Explain your answer.

Accept any reasonable explanation that refers to the story, e.g. I find Joe Wicks' sessions the most interesting because lots of people are tuning into them.

6. Explain what today's story is about in 20 words or fewer.

Accept any reasonable summary that is 20 words or fewer, e.g. A man has climbed the same height as the world's tallest mountain on his stairs.