



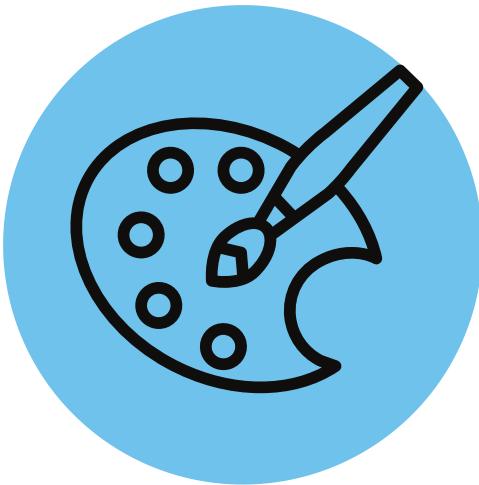
# IT'S A KNOCKOUT @ HOME

## TASKS TO COMPLETE @ HOME

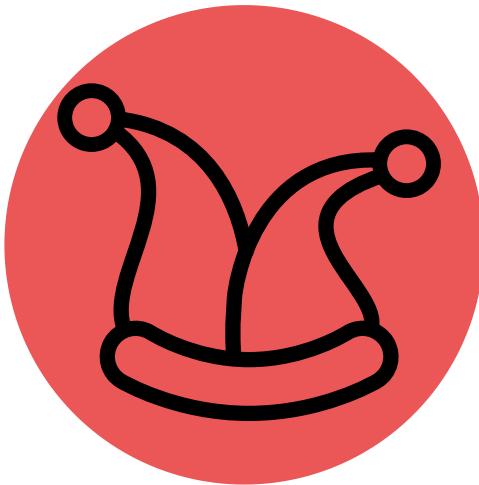
To help you decide which tasks to complete, we have divided the challenges up into categories, with colourful icons to help you find the type of task you are after. Choose from something physical, a creative task, something silly and just for fun, musical or one that uses practical skills.



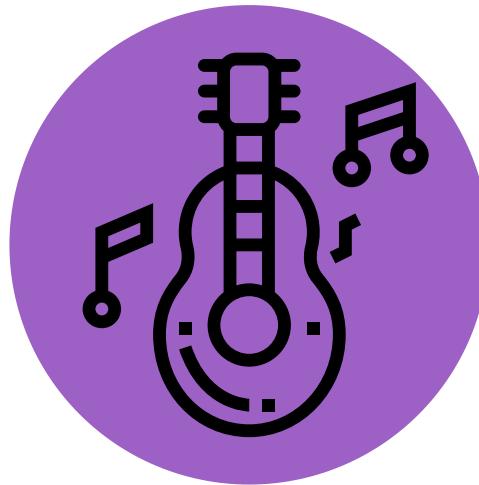
PHYSICAL



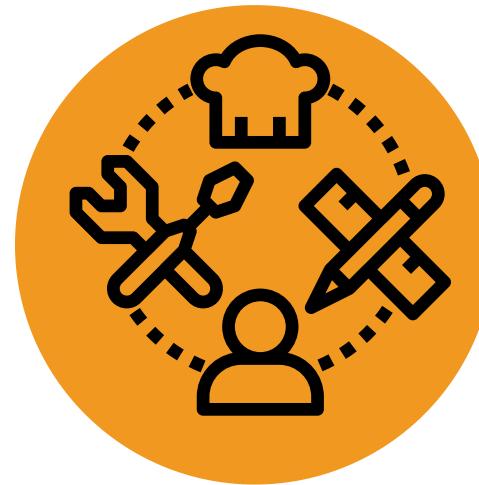
CREATIVE



SILLY & JUST FOR FUN



MUSICAL



SKILLS

### TASK 1: TOP THE T-SHIRT

Task Rules: Put on as many T-shirts as you can in 90 seconds.

What will earn points: The more T-shirts you wear, the better your chances are of winning. 10 points will be awarded to the contestant wearing the most T-shirts, 5 points will go to second place, and 3 points will go to third place.

Evidence: Record a video of you putting T-shirts on. Make sure to time yourself.

### TASK 2: HOW LONG CAN YOU HANDSTAND?

Task Rules: Can you do a handstand unaided? If you can, how long can you hold it for? Show off your gymnastic talent.

What will earn points: 10 points will be awarded for the longest handstand, 5 points will go to second place and 3 points will go to third place.

Evidence: Send us a video of your entire, unaided handstand.

### TASK 3: MAKE A RECYCLED INSTRUMENT

Task Rules: Create a musical instrument out of recycled materials. You can decorate the instrument however you like and can use whatever you can find around the house (check with an adult first before using items).

What will earn points: A score will be awarded out of 10 for how impressed we are with your instrument, and how much we like the sound that it makes.

Evidence: Record a short video of you playing your instrument.

### TASK 4: MOST INTERESTING ITEM

Task Rules: Find the most interesting item in your house.

What will earn points: The Alton Team will decide the three top items 1st - 10 pts, 2nd - 6pts, 3rd - 4pts

Evidence: Record a video tellin us why your Item is interesting.



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### TASK 5: LONGEST PAPER CHAIN

Task Rules: Make the longest paper chain that you can, make it bright and make it colourful and measure how long it is.

What will earn points: 10 points will go to the longest paper chain, 5 points will go to second place, and 3 points will go to third place. Bonus points will be awarded for creative chains.

Evidence: Video yourself with the finished paper chain - show us how long it is.



### TASK 6: MAKE THE BEST DEN/FORT

Task Rules: Try and create the best den/fort out of objects in your home. Make sure to get permission from your parent or guardian before doing so, then start building - this can be done indoors or outdoors.

What will earn points: A score will be awarded out of 10 by the Kenelm Mission Team based on which designs they think are the most impressive and creative.

Evidence: Send us a video of you with your fort - give us a tour of your creation.



### TASK 7: BEST FANCY DRESS

Task Rules: Use the items in your house to make the best fancy dress costume ever! You can use old clothes, costume jewelry, bed sheets, old curtains, and anything else to make your costume - just remember to ask your parents or guardians for permission before using their things.

What will earn points: A score out of 10 will be awarded.

Evidence: Send us a picture of you in your outfit.



### TASK 8: JUGGLING JOY

Task Rules: Take a video of yourself juggling sensible items in your house, make sure that it's approved by an adult, and see how many items you can juggle with.

What will earn points: A score will be awarded out of 10. More items juggled and a more creative routine will earn more points.

Evidence: Send us a video of you juggling.



### TASK 9: RAPID RUBIK'S CUBE

Task Rules: Can you solve a Rubik's cube? If you can, how fast can you finish it?

What will earn points: All completed Rubik's cubes will earn points (it's an impressive skill). A score out of 10 will be awarded - the faster you finish it the more points you will score.

Evidence: Send a video of your efforts. Try to include a section at the start of your video where someone else mixes up the cube for you.



### TASK 10: WORDS WITHIN A WORD

Task Rules: Who can make the most words out of the phrase 'It's a Knockout'. All words must be in the Oxford dictionary.

What will earn points: 50+words = 10pts, 40-49 = 8pts, 30-39 = 6pts 20-29 = 4pts, 10-19 = 2pts

Evidence: Short video showing all of the words.



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### TASK 11: CRAZIEST SOCKS

Task Rules: Who has the craziest socks? Look through your drawers and find the socks you think will be the most impressive.

What will earn points: 10 points will go to the craziest socks, 5 points will go to second place and 3 points will be awarded to third place.

Evidence: video



### TASK 12: PAPER AIRPLANE CHALLENGE

Task Rules: Make a paper airplane and send it flying away! Mark where you started from and where it landed, and measure the distance.

What will earn points: 10 points will go to the longest flight, 5 points will go to second place and 3 points will go to third.

Evidence: Film the flight of your prize-winning plane - don't forget to tell us how far it flew.



### TASK 13: PLANK CHALLENGE

Task Rules: First get yourself in a plank position, then either set the timer yourself or get a family member to set the timer. When ready start the plank and timer at the same time and see how long you can hold it for!

What will earn points: 10 points for the longest plank, 5 points for second place and 3 points for third.

Evidence: video the whole plank so we can see just how long you planked for!



### TASK 14: WRITE A SONG

Task Rules: Do you have a talent for singing or music? Show us by writing and performing your own song! Film yourself introducing and performing your song and send it to us! Note: Explicit lyrics or themes will not be allowed and may result in your entry being disqualified.

What will earn points: A score out of 10 will be awarded for the art. The Kenelm Mission Team will be the judges.

Evidence: Send us a video of you singing your new song.



### TASK 15: CREATE A DANCE ROUTINE

Task Rules: Send us a video of a dance routine that you've come up with, this can involve more than one person. Ensure your routine and the music involved does not include anything rude. The video you record of your routine must be suitable for all ages.

What will earn points: Points will be awarded out of 10, based on how much the Kenelm Mission Team enjoy your routine.

Evidence: Film yourself doing your dance routine.



### TASK 16: SCIENCE EXPERIMENT

Task Rules: Make your coolest science experiment! Prepare everything you need to make a scientific wonder and film yourself explaining it.

What will earn points: The Kenelm Mission Team will award a score out of 10 for how impressed they were with your scientific skills.

Evidence: Send a video of you carrying out your experiment. Check with an adult before you carry out the experiment to ensure you have assessed the risks and thought about the safety precautions.



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### TASK 17: TALLEST TOWER

Task Rules: Make the tallest tower out of objects in your home! Use anything you like, although easily breakable things are probably not a good idea. Measure your tower once it is built.

What will earn points: 10 points will go to the tallest freestanding tower, 5 points will go to second place and 3 points will go to third place.

Evidence: Send a video of your completed tower and film yourself measuring it.



### TASK 18: BEST BIBLE CHARACTER

Task Rules: Find your favourite Bible character and tell us why! Draw them, write about them, act out their story.

What will earn points: The Kenelm Mission Team will award points out of 10 for how creative and persuasive you have been.

Evidence: Once you have chosen your Bible character, film yourself explaining why they are the best and show us any creative projects you have completed (a drawing, an outfit etc.)



### TASK 19: BEST COMEDY ROUTINE

Task Rules: Come up with a stand-up comedy routine and film yourself telling your best jokes!

What will earn points: A score will be awarded out of 10 for how entertained we were by your routine.

Evidence: Film yourself doing your comedy routine (aim for between 3 and 5 minutes).



### TASK 20: CREATE ART FROM NATURE

Task Rules: Make an art piece using things found in nature! It can be a painting or a sculpture. Note: when finding things outdoors, please make sure you aren't using something that might be somebody's home, such as a bird's nest, a snail's shell, or a log full of beetles.

What will earn points: A score out of 10 will be awarded for the art. The Kenelm Mission Team will be the judges.

Evidence: Send us a picture of your artwork.



### TASK 21: BIN BAG SUPERHERO

Task Rules: Create a saintly superhero. Model their 'powers' on the virtues of faith, hope, charity, fortitude, justice, prudence, and temperance. Use bin bags and whatever else you can find to create a superhero outfit.

What will earn points: Points out of 10 for the outfit, and for the best superhero description/character.

Evidence: Video yourself in the outfit and explain the qualities of your hero.



### TASK 22: BEST ORIGAMI

Task Rules: Make something cool out of origami! Be as creative as possible - the most unique piece wins!

What will earn points: The Kenelm Mission Team will award points out of 10 for how impressed they are.

Evidence: Send a video of you with your finished design, or, to earn more points and impress us further, video yourself making your origami creation.



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### TASK 23: CRAZIEST HAIR

Task Rules: The idea of the crazy hair challenge is to style your hair in the craziest way possible using whatever items or colours that are in your home!

What will earn points: The Kenelm Mission Team will score your hairdo out of 10 (the crazier, the better).

Evidence: Record a short video clip of you and crazy hairdo.



### TASK 24: KYT MARSHMALLOW MADNESS

Task Rules: How many marshmallows (not mini marshmallows - that would be too easy) can you fit in your mouth in one go? After each marshmallow you place into your mouth, see if you can say 'KYT'.

What will earn points: 10 points will be awarded for the most marshmallows, 5 points will go to second place and 3 points will go to third place.

Evidence: Send us a video of you attempting the challenge.



### TASK 25: APPLE BOBBING

Task Rules: How many apples can you pick out of the water using only your mouth? Set a timer for one minute and see how many apples you can grab using just your mouth.

What will earn points: 10 points will go to first place, 5 points will be awarded for second place and 3 points will be given to third place.

Evidence: Send a video of you completing the task.



### TASK 26: SHOE SHOWDOWN

Task Rules: How many shoes are in your house? Slippers, wellies, boots, trainers - line them up and count them.

What will earn points: More shoes = more points. The person who has the most pairs of shoes will have 10 points, 5 points will go to second place and 3 will go to third place.

Evidence: Line up the shoes and send a picture or video of how many pairs you found.



### TASK 27: BEST BALANCING

Task Rules: How long can you balance on one leg? Film yourself standing on one leg, starting the timer when you get into position. You must not hold on to anything to support yourself!

What will earn points: 10 points will go to the person who can balance for the longest, 5 points will be awarded for second place and 3 points will be given to third place.

Evidence must be: Send us a video of your efforts.



### TASK 28: RECREATE A BABY PHOTO

Task Rules: Get an old photo that includes you and maybe some others in your household, then try and recreate the photo.

What will earn points: You will be awarded a score out of 10. More points will be awarded for accuracy (for example, similar clothing, the position, the background etc.)

Evidence: Send us a video where you are recreating the still photograph. Show us the original image and tell us a bit about who is in the photo. As with all evidence you send in, we require each person in the video to verbally give consent at the start of the clip.



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### TASK 29: BEST DRESSED TEDDY BEAR

Task Rules: Find a teddy bear (or cuddly toy) and create an outfit for it.

What will earn points: Points will be awarded out of 10. The best dressed teddies will earn the most points.

Evidence: Send us a picture of your teddy.



### TASK 30: ONE LEG BALANCE

Task Rules: How long can you balance on one leg? (It has to be one leg cannot be switched) Remember to set a timer!

What will earn points: The longer the time the more points awarded the top 5 entries will receive points.

Evidence: Send a video of your whole balance.



### TASK 31: WALL SIT CHALLENGE

Task Rules: See how long you can wall sit for. To wall sit, find a section of wall you can lean against. Keep your back flat against the wall, and have your legs bent as though you are sat. Start the timer and see how long you can hold your position.

What will earn points: 10 points will go to the longest wall sit, 5 points will go to second place and 3 points will be awarded for third place.

Evidence: Send a video of the whole wall sit.



### TASK 32: FRANKEN-FRUIT

Task Rules: Decorate a piece of fruit to look like a different kind of fruit. Take a picture and send it to us! Points awarded for both creativity and realism. Remember to keep it edible - it will make a tasty treat when you've taken the photo!

What will earn points: The Kenelm Mission Team will award points out of 10 for how creative and realistic your creation is.

Evidence: Send a picture of your newly decorated piece of fruit.



### TASK 33: REAL-LIFE MR POTATO HEAD

Task Rules: Make the best Mr. Potato head using a real potato! Use items around the house to make the face and send us a photo. The wackiest one wins!

What will earn points: Points out of 10 for your creativity and how much your potato looks like a person.

Evidence: Video yourself showing us your Mr Potato Head



### TASK 34: CREATE A CAKE

Task Rules: Bake a cake or cupcakes and decorate it the best you can, using icing, colours, imagination and sprinkles etc. (Check with an adult and ask for some help - you may need supervision using the oven).

What will earn points: A score will be given out of 10 for how impressive your cake looks.

Evidence: Send us a short video of you with your cake - tell us about your inspiration. (If necessary, a photo could be sent.)



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### TASK 35: HIGHEST NOTE

Task Rules: Try and hit the highest note you can, either with your voice or an instrument that you have at home.

What will earn points: Points will be awarded out of 10 for how high you can go and how impressive your efforts are.

Evidence: Video yourself creating your high note.



### TASK 36: IMPRESSIONS

Task Rules: Video yourself doing the best celebrity impressions that you can do. This can be several impressions or just one. Tell us who the celebrity you are doing before the impression.

What will earn points: Points will be awarded as a score out of 10 based on how 'impressed' we were.

Evidence: Video your impressions.



### TASK 37: TOILET PAPER CHALLENGE

Task Rules: Do kick ups with a toilet paper roll. Count them as you do them or get someone else to count them for you.

What will earn points: 10 points for the most kick ups, 5 points for second place and 3 points for third.

Evidence: Send a video to us of you doing your kick ups.



### TASK 38: BEST SECRET TALENT

Task Rules: Do you have a cool trick you're dying to show off at parties? Show us your best party trick or hidden talent?

What will earn points: A score will be awarded out of 10 for how impressed we are by your secret talent.

Evidence: Record a video of you showing off your talents.



### TASK 39: BEST BLINDFOLDED DRAWING

Task Rules: Draw a picture blindfolded. Write at the top of the drawing what it's supposed to be once you have completed it.

What will earn points: A score will be given out of 10 for how good the image and how recognisable it is.

Evidence: A photo can be sent in for this task.



### TASK 40: LEFTOVER FOOD ART

Task Rules: Create an image out of some leftover food. Make sure your artwork isn't going to waste any good food.

What will earn points: A score will be awarded out of 10.

Evidence: Send us a picture of your artwork.



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### TASK 41: MAGIC TRICK

Task Rules: Know any good magic tricks? Think you have the skills to impress the Kenelm Mission Team? Put together your best magic routine and wow us with your skills.

What will earn points: The judges will award you a score out of 10.

Evidence: Send a video of your whole trick/routine.



### TASK 42: BEST PIECE OF ALTON CASTLE ART

Task Rules: Ever been to Alton Castle? Use the castle as inspiration for a piece of artwork.

What will earn points: You will be awarded a score out of 10 for how recognisable the castle is and how much we like your piece of fine art.

Evidence: Send us a picture of your artwork (include your name somewhere in the image).



### TASK 43: EGG-STRAVAGANZA

Task Rules: Build a container to protect your egg (any items you can find around your house will do). Drop your egg from a height (make sure an adult is there to help). The egg must not break if you want to earn points.

What will earn points: The highest an egg can be dropped without breaking will be awarded more points (score out of 10)

Evidence: Video yourself dropping the egg and checking if it has broken after the fall.



### TASK 44: SING YOUR FAVOURITE WORSHIP SONG

Task Rules: Got a favourite worship song? Show us your own rendition of it. Sing along, or play the song yourself if you have instruments. You can get others in your household involved with this task.

What will earn points: The Kenelm Mission Team will award you a score out of 10 for how original the song is and how well you sang/played it.

Evidence: Send a video of you playing/singing your favourite worship song.



### TASK 45: WRITE A PRAYER FOR THESE DIFFICULT TIMES

Task Rules: Write a prayer for these difficult times. Include intentions that are close to your heart, thinking about those who are struggling during lockdown.

What will earn points: The Kenelm Mission Team will award points for every prayer you send. We will also pray your intentions in our daily community prayers. Bonus points will be awarded to prayers that the team particularly like to pray.

Evidence must be: The prayer can be written (and scanned or photographed), or typed up. You do not need to send a picture which includes and image of you, however we do need your name to be on the page.