

Rock Monkey Level 3

Week 2 - Balance

Balance is one of the key principles of climbing movement so it's really important we don't forget to practice. This week's homework will focus on balancing and will involve some challenges for you to complete at home.

For this week's homework you will need:

- A rolling pin (or foam roller if you have one)
- A cardboard box you don't mind ripping (cereal box works well)
- A skipping rope or a long piece of string.

Challenge one - Backwards tightrope walk

Lay out the skipping rope and imagine you are a gymnast and walk along the rope with your heel touching your toe. Once you can do this, you must do the same thing but backwards, your challenge is to be able to do it with your eyes closed!

Challenge two - Unstable balance

Put your rolling pin on the floor, best to use somewhere carpeted and be careful, make sure there is space around you. Stand on the rolling pin with one foot and balance as long as you can. Stand with one end by your toes and one end by your heel. The challenge is to balance on one leg for as long as possible.

Challenge three - Cardboard box game

Put the cardboard box down upright on the floor. Without using your hands and keeping both feet on the floor bend over and pick up the cereal box with your teeth. Once you can pick it up, rip off a 1cm strip from the top and keep repeating, see how low you can go! Try playing against a parent or another person in your household.



RED POINT

Video each challenge and send them to us - Rockmoneky@redpointbristol.co.uk You might need to ask your parents for help for this bit. If you use Instagram then upload the videos or pictures and tag us @redpointbristol

Check out the week 2 video [here](#)

Week 2 - Exercise Challenge

For this week's exercise challenge you need to find out what 'level' of core exercise you can complete. Ask a parent or adult to watch you and be strict! Don't try the next level until you are perfect on the previous one. Make sure you keep good form and try to get through all the levels!

Good Luck!