

## Rock Monkey Level 1 & 2

### **Week 5 - Coordination**

If you haven't already watched it then check out this weeks accompanying [video](#)

This week we are going to focus on coordination, now I don't mean matching your climbing shoes to your harness! We define coordination as 'the organization of the different elements of a complex body or activity so as to enable them to work together effectively' so in climbing terms it's using our whole body to climb efficiently. Some examples of good coordination while climbing could be:

- Dynos - Making sure all your muscles are firing at the same time to build momentum and make your jump as explosive as possible.
- Using footholds first time - Imagine if each time you went to place your foot on a hold it was perfectly placed - this is a form of coordination.
- Deapointing - When you move dynamically but your not quite jumping, you need to coordinate your movement to move you whole into the correct position to catch the hold effectively.

Basic coordination skills are generally carried over between different sports so we can practice coordination without climbing, throwing and catching is great for hand eye coordination and skipping type movements are good for footwork. When we start to look at the more 'parkour' style of climbing which is popular in competition climbing then we will need to train these skills in a more climbing specific way.

For this week's homework you will need:

- A ball (or something you can throw and catch)
- A skipping rope (or something you can use to skip)

- Juggling balls (or something you can use in place, try scrunching up socks)
- Space!

Please ask your **parents permission** and be careful when doing these activities.

### **Challenge 1 - Throwing and Catching**

The easiest way to practice hand eye coordination is by throwing and catching. Try with people in your household or throwing against a wall and make up some rules! Our favourite rules are 'hot potato', the ball is super hot and you must throw it as soon as you catch it or 'forfeits', each time you drop the ball you must perform a forfeit. For example, 3 push ups, 5 burpees or 5 crunches. Another good set of rules to use is the 'one knee, one hand' rule, if you drop the ball you must only use one hand until you catch it again. If you drop it again then you must be on one knee with one hand, then both knees, then sitting down, then lying down, if you catch the ball then you can go back up to the previous level. This one is great in a group.

### **Challenge 2 - Hopscotch**

Try the traditional game of hopscotch. You hop between squares marked out on the ground, either with chalk or tape (or anything you can think of really). Invent any rules you fancy but if your stuck try out this link [here](#)

### **Challenge 3 - Animal walks**

The animal walks game is a great way to practice our coordination as we can move in bodies in ways we are not used to, forcing us to concentrate on our whole body coordination.

Invent your own or try the ones here (I'll add harder versions for each level so try them all if you want a challenge)



- Caterpillar - Bend over and place your hands on the ground, walk your hands forwards as far as you can go then walk your feet forwards back to the starting position. Your hands and feet can NOT move at the same time.
- Bear crawl - Start on your hands and knees and crawl forwards, your right hand and right knee must move at the same time, then the same with your left.

### **Week 4 - Exercise Challenge**

This week's exercise challenge is to make up a circuit of exercises. Aim for around 3 to 5 reps of any strength based exercise (push ups/pull ups) and 5 to 8 reps of any exercise which is core based (crunches, planks, etc) and 10-15 reps of anything which is more cardio based (star jumps, tuck jumps, etc). See if you can come up with 5 - 10 exercises you can do in sequence (with a small rest if you need), break up the harder exercises with easier ones and remember to keep your form!

If you need some inspiration - check out a circuit we made up to work our whole body - [here](#)

Good Luck!