

## Rock Monkey Level 1 & 2

### **Week 6 - Agility**

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

Agility is the ability to move quickly and easily. It's a hard thing to quantify but often obvious to see when it's used well. When talking about climbing agility can relate to the 'flow' a climber has when moving, the ability to change their body position quickly and smoothly to climb efficiently. People often compare climbing to dancing in this respect. Also we can see agility when moving dynamically, often combined with balance and coordination to pull off crazy parkour style moves!

This week we are going to look at a few different aspects of agility within climbing. First we are going to focus on jumping, breaking down that movement and analysing what allows us to jump well when climbing. Next we can borrow some agility and footwork drills from some other sports, like football. Finally we are going to put everything together and focus on having some fun by making obstacle courses!

For this week's homework you will need:

- Some space to jump around safely
- Something to make out some squares on the ground (maybe some chalk, or some rope - anything you can think of)
- Obstacle course materials (anything you have!)

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



**REDPOINT**

## **Challenge 1 - Static Jump**

Let's use the static jump to play around with some movement and try and find the best way to generate momentum when jumping. We can remember these skills and transfer them back to the climbing wall when they re-open.

Setup your static jump area with something to mark your start point and enough space to jump forwards. Ideally this can be done on grass so if you have a garden or during some outside exercise time in a green space would be best for this one.

1. Jump from a standing position, feet shoulder width apart. In this jump you must keep your arms by your sides and still. See how far you can jump and mark that point.
2. Jump from a standing position, feet shoulder width apart. In this jump you can now move your arms, try swinging them and see if it makes a difference.
3. For this jump you can start with one foot and use your legs to try to go as far as you can. You must start with one foot on the starting position though. Try and use your body to launch you forwards.
4. For the final jump, there are no restrictions. You must start jumping from the start point but you can do whatever you think to jump as far as possible.

Which method was the best? Note down everything your body is doing to generate momentum and launch you forwards, see if you can tweak and perfect your jump to go as far as you possibly can. Be careful with your landing!

The challenge is to jump as far as you can, I'll measure my distance so see if you can beat me!



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## **Challenge 2 - Agility Drills**

Mark out a straight line on the ground with whatever you have available. Start on one side of the line, and be on your toes ready to move fast! Jump slightly forward and over the line, as soon as you land repeat the jump but go back to the starting side of the line. Keep going as quickly as possible!

Once you reach the end of your line, do a 180 jump and repeat the jumping drill all the way back to the start. Use what you learned about jumping to make sure your jumps are efficient but keep moving as quickly as possible.

Time yourself, the challenge is to beat your own time by 2 seconds!

## **Challenge 3 - Obstacle Course**

Please remember to ask your parents for permission and if they are happy then go crazy with your obstacle course! Find some space, a garden is ideal or a local park. If you can't get outside and your parents don't mind you could try an indoor obstacle course.

Video yourself completing your obstacle course and send it over to us either on Instagram (@Repdpointbristol) or email it over to us at [rockmonkeys@redpointbristol.co.uk](mailto:rockmonkeys@redpointbristol.co.uk)

## **Week 6 - Exercise Challenge**

We have added another exercise guide, for the squat. Work through the guide and see how you are at squats!

Good Luck!