

Rock Monkey Level 1 & 2

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:

- Something to balance on your head, I used a juggling ball.
- A pillow or something soft but unstable to stand on.
- A skipping rope or a long piece of string.

Challenge one - 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, the challenge is to do it with your eyes closed!

Challenge two - Unstable balance

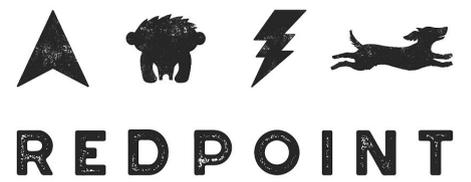
Stand on your pillow (without shoes on!) on one leg. Touch your hand to your feet, repeat with each hand 10 touches for each hand. You have to stand back up straight after each touch! If it's too easy, then add another pillow.

Challenge three - Eyes closed balancing

Grab the object you're going to balance on your head, place it on your hand and stand one leg. Once you're ready to go, close your eyes and try to balance for as long as possible.

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!