

Rock Monkey Level 3

Week 1 - Knots

This week we will focus on knot tying! When climbing we use a figure of 8 knot, with a double stopper to finish, to tie the rope onto our harness. This knot gets stronger and tighter when we apply weight so it's the perfect knot to use to keep us safe.

For this week's homework you will need:

- Something you can tie a knot in (an old rope, some string, a scarf, anything you can find but ask your parents permission before!)
- A harness or a belt you can practice tying into

Your challenge is tie a figure of 8 knot in 3 different ways:

1. Tie your figure of 8 knot whilst blindfolded.
2. Tie your figure of 8 knot as quickly as possible (time yourself).
3. Tie a figure of 8 knot on a bight of rope (a bight is a loop of rope, where you might not be able to reach the ends).

Film or take pictures the challenges and email them to us rockmonkeys@redpointbristol.co.uk or, if you use Instagram, then upload your videos and tag @redpointbristol

Check out some tips below on how to tie the perfect figure of 8 knot and watch the video on Youtube, see if you can beat our coaches' time of tying in! - <https://youtu.be/QLrOHQh9Nh8>

Week 1 - Exercise Challenge

For this week's exercise challenge you need to find out what 'level' of push up 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!

