

Rock Monkey Level 4

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 football or basketball (something round you can stand on)
- A rolling pin (or something round which can support your weight)

Challenge one - The rolling globe (well sort of!)

Have you seen circus performers stand on a large ball and juggle? Looks amazing right! For challenge one we are going to try and re-create this! Find an open space, the garden would be ideal but use what you have. Put the ball on the ground and stand with both feet and see how long you can balance.

Challenge two - Log rolling

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 both feet, with each end of the rolling pin on either side of your body. Your challenge is to try and move forwards or backwards on the rolling pin, it's harder than it looks!

Challenge three - Stand up with one leg

If you know what a pistol squat is then we are doing half a pistol squat. Sit down with one leg out flat in front of you and one leg bent with your foot close to your bum. Now stand up! If you that's too hard try starting with your back against a wall and if it's easy, try starting standing and go down and back up.



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!