

Rock Monkey Level 3

Week 3 - Quiz

Climbing doesn't stop at Redpoint! There is a wide variety of different types of climbing and places, indoors and outdoors, across the world where we can climb.

For this week's homework you will need:

- Pen and Paper
- Printer (if you want to print out the quiz but you don't have to)

See the cross word below, try not to research the answers. We think you guys should know the answers to this one!

Send your answers to us at - Rockmoneky@redpointbristol.co.uk You might need to ask your parents for help for this bit. If you use Instagram then upload pictures of your quiz and tag us @redpointbristol. Once you get in touch with your answers we will let you know the correct answers and you can see how well you have done!

Check out the week 3 video [here](#)

Week 3 - Exercise Challenge

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



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