

## Rock Monkey Level 3

### **Week 5 - Coordination**

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

This week we are going to focus on coordination, now I don't mean matching your climbing shoes to your harness! We define coordination as 'the organization of the different elements of a complex body or activity so as to enable them to work together effectively' so in climbing terms it's using our whole body to climb efficiently. Some examples of good coordination while climbing could be:

- Dynos - Making sure all your muscles are firing at the same time to build momentum and make your jump as explosive as possible.
- Using footholds first time - Imagine if each time you went to place your foot on a hold it was perfectly placed - this is a form of coordination.
- Deapointing - When you move dynamically but your not quite jumping, you need to coordinate your movement to move you whole into the correct position to catch the hold effectively.

Basic coordination skills are generally carried over between different sports so we can practice coordination without climbing, throwing and catching is great for hand eye coordination and skipping type movements are good for footwork. When we start to look at the more 'parkour' style of climbing which is popular in competition climbing then we will need to train these skills in a more climbing specific way.

For this week's homework you will need:

- A ball (or something you can throw and catch)
- A skipping rope (or something you can use to skip)

- Juggling balls (or something you can use in place, try scrunching up socks)
- Space!

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

### **Challenge 1 - Juggling (1 balls then 2 balls then 1 'round' with 3 balls)**

Juggling can be great fun and it's a good way to practice our hand eye coordination. It's pretty hard to juggle with 3 balls really smoothly so we can start with 1 and then 2 balls - Your challenge is to be able to do one 'round' of juggling with 3 balls. Check out the video [here](#) to learn.

### **Challenge 2 - Skipping**

Skipping can be used as a warm up and is a really good way to work on being coordinated with your feet! Grab the skipping rope and give it a go, start with the skipping rope behind your legs, swing it over your head and go for a single jump. Once you have this movement dialed in then try and keep going with more jumps. Pretty soon you'll be skipping like a boxing champion! The challenge is to skip for 30 seconds without stopping.

### **Challenge 3 - Animal walks**

The animal walks game is a great way to practice our coordination as we can move in bodies in ways we are not used to, forcing us to concentrate on our whole body coordination. Invent your own or try the ones here (I'll add harder versions for each level so try them all if you want a challenge). When your next on a walk and it's safe to do so, try one of these animal walks for this week's challenge.

- Crab - Get into a crab like position with your arms straight and by your sides, rather than a full back back. Try and keep your bum high off the floor and work your core muscles as you walk!
- Bear walk - Start with your feet and hands on the ground with your arms and legs straight. Move forwards but you must move with your right hand and foot at the same time, then your left hand and foot. Keep going and try and keep your arms and legs straight (bend a little otherwise you can't really move!)

### **Week 4 - Exercise Challenge**

This week's exercise challenge is to make up a circuit of exercises. Aim for around 3 to 5 reps of any strength based exercise (push ups/pull ups) and 5 to 8 reps of any exercise which is core based (crunches, planks, etc) and 10-15 reps of anything which is more cardio based (star jumps, tuck jumps, etc). See if you can come up with 5 - 10 exercises you can do in sequence (with a small rest if you need), break up the harder exercises with easier ones and remember to keep your form!

If you need some inspiration - check out a circuit we made up to work our whole body - [here](#)

Good Luck!