

Rock Monkey Level 3

Week 6 - Agility

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

Agility is the ability to move quickly and easily. It's a hard thing to quantify but often obvious to see when it's used well. When talking about climbing agility can relate to the 'flow' a climber has when moving, the ability to change their body position quickly and smoothly to climb efficiently. People often compare climbing to dancing in this respect. Also we can see agility when moving dynamically, often combined with balance and coordination to pull off crazy parkour style moves!

This week we are going to look at a few different aspects of agility within climbing. First we are going to focus on jumping, breaking down that movement and analysing what allows us to jump well when climbing. Next we can borrow some agility and footwork drills from some other sports, like football. Finally we are going to put everything together and focus on having some fun by making obstacle courses!

For this week's homework you will need:

- Some space to jump around safely
- Something to make out some squares on the ground (maybe some chalk, or some rope - anything you can think of)
- Obstacle course materials (anything you have!)

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



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Challenge 1 - Static Jump - Order & Timing

Let's use the static jump to play around with some movement and try and find the best way to generate momentum when jumping. We can remember these skills and transfer them back to the climbing wall when they re-open.

In the level 1 and 2 challenge we looked at how to move our body to generate momentum to jump as far as possible so if you haven't already done that then why not try that challenge first.

Setup your static jump area with something to mark your start point and enough space to jump forwards. Ideally this can be done on grass so if you have a garden or during some outside exercise time in a green space would be best for this one.

1. Break down the jumping movement. Look at each part of your body and decide what moves first, second, third, etc. Really think about the whole body and use as much detail as you can. Work out the timings of what moves at what time.
2. Change the order! Does it work if you try to move a different part of the body first?
3. Change the timing! What happens when you change the speed your body moves?

Timing and order make a huge difference, when we are lining up a dynamic move that timing of what body parts move is crucial to sticking the move.

Try and replicate this movement in a way similar to climbing. See if you can jump up and touch something out of your reach! There isn't a specific challenge for this one, just have a play around and see how you get on!

Challenge 2 - Agility Drills

Check out the agility drill for level 1 and 2 and try that one first, once you have it mastered then go for the next drill.

Mark out a straight line on the ground with whatever you have available. Start on one side of the line, and be on your toes ready to move fast! Hop on one leg over the line and forward slightly, then hop over the line again the other way, keep going until you reach the end of the line. Switch legs and hop back using the same pattern back to the start.

Time yourself, the challenge is to beat your own time by 2 seconds!

Challenge 3 - Obstacle Course

Please remember to ask your parents for permission and if they are happy then go crazy with your obstacle course! Find some space, a garden is ideal or a local park. If you can't get outside and your parents don't mind you could try an indoor obstacle course.

Video yourself completing your obstacle course and send it over to us either on Instagram (@Repdpointbristol) or email it over to us at rockmonkeys@redpointbristol.co.uk

Week 6 - Exercise Challenge

We have added another exercise guide, for the squat. Work through the guide and see how you are at squats!

Good Luck!