

## Rock Monkey Level 4

### **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)
- Something to jump onto, a box or a chair. It needs to be strong and stable.
- Obstacle course materials (anything you have!)

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



**REDPOINT**

### **Challenge 1 - Box Jump**

Try and previous challenges first and when you're ready have a go at this one as well.

Set up your box jump, it's a good idea to have some space and potentially somewhere soft to land. Ask your parents to help! Stand in front of the box, the box should ideally be between knee and waist height . From standing jump onto the box.

1. Try the jump keeping your hands by your sides, how much force can you generate with just your legs!
2. Use your hands this time, try and generate upward momentum.
3. Go for it! No rules, just jump as high as possible. Try and challenge yourself by raising the box.

Can you use the same techniques as you did when jumping forwards? What changes did you need to make?

Your challenge is to jump onto a box higher than your hips!

### **Challenge 2 - Agility Drills**

Check out the previous agility drills and work through those ones first.

Mark out a straight line on the ground with whatever you have available. Start with both feet on one side of the line, on your toes and ready to move fast. Move your outside foot first (the one furthest away from the line), cross your leg in front of you and over the line. Next move your other leg and repeat the process, crossing it in front of your body and over the line. Keep going with this process. Once you get the end, reverse the process. Crossing your legs behind you as you move backwards.

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](mailto: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!