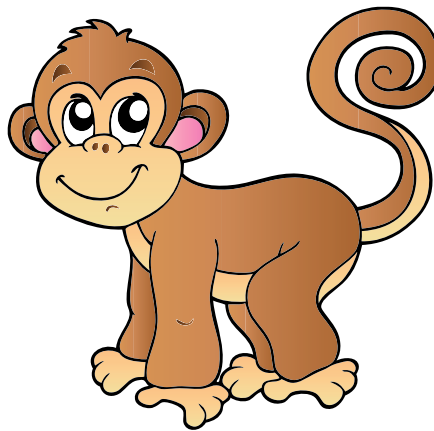
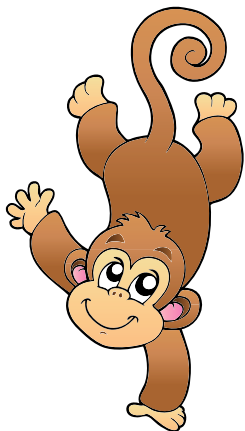


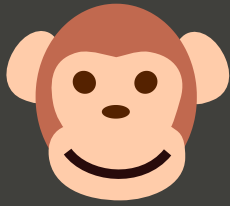
# MONKEY WEEK



It's **MONKEY WEEK** and we have some challenges for the Movement Evolution Adventurers and Movement Evolution Tots to complete this week. Complete them in any order you like and we would love to see photos or videos of you taking part in the challenges. Email us at [hello@movementevolution.org](mailto:hello@movementevolution.org) or send us a message on Facebook [@movementevolutionacademy](https://www.facebook.com/movementevolutionacademy) or tag us on Instagram [@Movement\\_Evolution\\_Academy](https://www.instagram.com/Movement_Evolution_Academy)



Step one of **MONKEY WEEK** is to draw yourself a **MONKEY**. If you need some help, we have a guide to help you. Just click [here](#).



# MONKEY WEEK



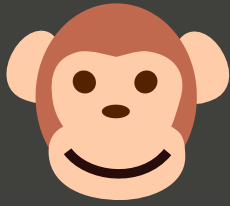
Okay so gorillas are not strictly monkey's but are actually part of the ape category of primates, but we still love how they move.

**GORILLA CRAWLS** - Start in your **APE** position but move sideways. Watch this [video](#) to learn how. Try challenging someone in your household to a race when crawling like a **GORILLA**.

**MONKEYS** and **APES** are different categories of primates but they do move in similar ways. So time to start by grabbing your **APE** position, a low down squat position with your hands on the ground between your feet. Can you move around in the **APE** position? Once you're comfortable moving around and stretching in your **APE** position you can try a **HEIGHT DROP** into **APE**.

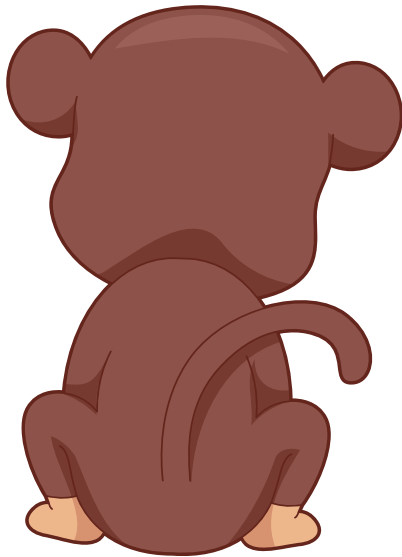
Check out this [video](#) for top it tips on your **APE** position and **HEIGHT DROP** into **APE**.





# MONKEY WEEK

THE  
MOVEMENT  
EVOLUTION  
ACADEMY



You will need someone to play with as well as two socks or two scarves, or similar to act as your tails to play **MONKEY TAIL GRAB TAG**.

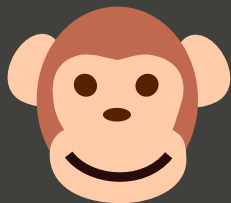
Watch the [video](#) to see how to play. This is a great game to challenge your coordination, speed and agility.



Take a trip to a park with **MONKEY BARS**.

How far can you get swinging between the bars? Does it help if you use your body weight to swing more? Can you travel backwards? How long can you hang for?

This is great for helping to improve upper body strength body awareness and coordination.



# MONKEY WEEK



Everyone knows **MONKEYS** love bananas so why not try making these **BANANA AND CHOCOLATE CHIP BARS** perfect for **LITTLE MONKEYS** who love monkeying around.

## INGREDIENTS

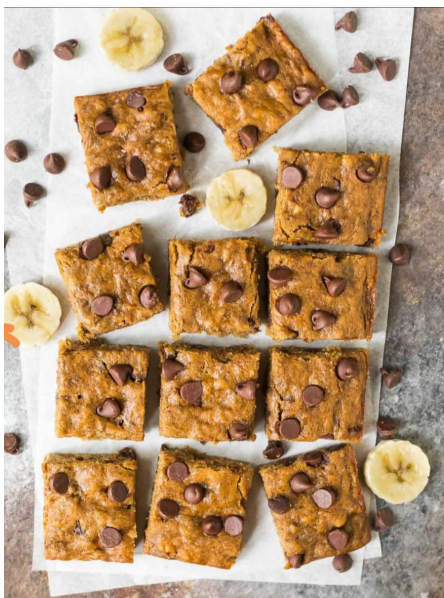
3 medium bananas  
95g of plain flour  
3 tbsp of melted butter  
1 large egg

65g of brown sugar  
1/2 tsp of bicarbonate of soda  
1 tsp of vanilla extract  
1/2 tsp of ground cinnamon

1/8 tsp of ground nutmeg  
1/4 tsp of salt  
60g of chocolate chips  
2 tbsp of milk

## INSTRUCTIONS

- 1) Line an 8x8 inch baking tin. Preheat Oven to 175c/gas mark 4.
- 2) Mash the bananas in a mixing bowl.
- 3) Stir in the sugar, butter, milk, egg, and vanilla until well blended.
- 4) In a separate bowl, stir together the flour, baking soda, salt, nutmeg and cinnamon.
- 5) Add the dry ingredients to the bowl with the wet ingredients. Stir to combine stopping once flour has disappeared. Fold in most of the chocolate chips - saving two tablespoons to sprinkle over the top.
- 6) Spoon the batter into the baking tin, smooth the top and sprinkle the remaining chocolate chips over the top.
- 7) Bake for 16-20 minutes, until a toothpick inserted into the centre comes out clean.
- 8) Leave to cool before slicing into 16 bars.



Tell us about your baking or share a picture of your **BANANA AND CHOCOLATE CHIP BARS** with us on Facebook or Instagram.