



**Learning objectives:**

1. To develop speed and agility.

(The word agility means: To move and change direction quickly and easily).

**Warm up:** Use a safe space to warm up. Do these warm up exercises on the spot: This should take 10 minutes.

- Jog on the spot for 1 minute
- Star jumps x10
- High knees x10
- Ladder climbs x 10
- Repeat
- Stretches (use the technique card to help you).

Use the technique card to help you set up your Agility Zone.

**Task 1:** Remember, being agile means that you can move quickly and in different directions. Start in the middle of your square or at the end of your zig zag. Move to touch the first object with your foot and then return to your base. Now touch the next item and return to base. Do this four times, so that you have touched all four items. Use the technique card to help you with this task. Repeat this 3 times (remember to move back to your base after each movement).

**Task 2:** Use the checklist on the technique card to help you improve your technique. Repeat Task 1 but move the opposite way around the square or zig zag.

**Task 3:** Choose one of the challenges, A, B or C.

**Challenge A:** Choose a new order to move in. For example, you might move to the toilet roll first, then the hat, then the gloves and then the socks. Repeat this new pattern 3 times. Time yourself and see how long it takes you to touch all four objects. This is a personal best. Use the technique card to help you improve and try and beat your best.

**Challenge B:** Start lying on your back or sitting down on your hands. Shout 'go' and jump up to touch all four objects in any order. Remember to move back to your base after each action. Time yourself and see how long it takes you to touch all four objects. This is a personal best. Use the technique card to help you improve and try and beat your best.

**Challenge C:** Change the way that you move. Choose either hopping or jumping and touch the object with your hands. Have a practice and then time yourself and see how long it takes you to touch all four objects. This is a personal best. Use the technique card to help you improve and try and beat your best.

Remember you can make this harder by moving your objects further away or make it easier by moving them closer together.

**Cool down and stretch** – use the technique card to help you.

**Success Criteria:**  
Use these questions to help with your independent learning.

What does the word agility mean?

What sports involve agility?

Did you beat my personal best?

What do you need to do with your body to be agile?

Did you improve your technique?

How could you make this game easier or harder?

### Learning objectives:

1. To develop speed and agility.

### Warm up and cool down stretches:

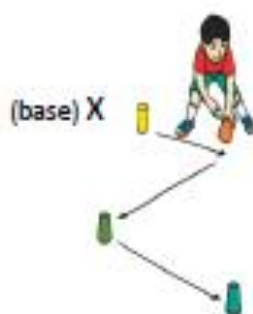


- 1) **Set up your Agility Zone:** Use four small, different items to mark out a square or a zig zag. The square or zig zag can be any size. This is called your Agility Zone. Place a small, soft item in the middle of the square or at the end of your zig zag line. This will be your 'base'.

#### Square:

- socks      ● gloves
- X (base)
- tape      ● toilet roll

#### Zig Zag:



- 2) **Agility – How to move quickly with control:**

#### Checklist:

- ✓ Feet shoulder width apart.
- ✓ Knees bent in readiness
- ✓ Head up (look forwards)
- ✓ Arms ready for balance
- ✓ Take small, quick steps.
- ✓ Lunge to touch the object
- ✓ Use the lower body, keep your head still
- ✓ Quick steps back to your base
- ✓ Stay on your toes

