

Physical Education (PE) - Athletics

Speed and Agility

Mr Lindley



Athletics: Lesson 2 - Speed and Agility

In this lesson, you will develop your speed and agility skills through various speed bounce tasks. You will improve your ability to change direction at speed, whilst maintaining good balance and control of your body.

Learning intention

- **Physical:** to jump accurately with agility and speed whilst having a controlled body.
- **Personal:** to develop tactical awareness and to focus on and develop appropriate technique.

Tasks

1) Speed Bounce

- Place a tie/piece of string/rolled up towel (barrier) on the floor
 - Using a 2 foot to 2 foot, side to side, jump, jump over the barrier as many times as you can in 20 seconds.
 - Repeat but jump forwards and backwards over the barrier.

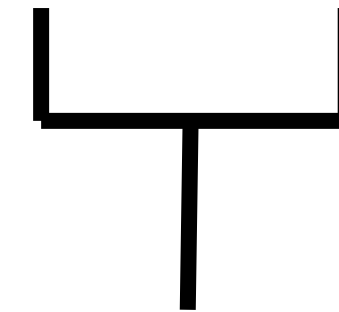


2) Cross Bounce

- Using your ties/pieces of string/rolled up towels, create a quadrant (cross)
 - Using a 2 foot to 2 foot jump, visit each section of the quadrant using the following sequence: forwards, backwards, forwards, side, side, side, backwards, forwards, backwards, side, side, side
 - Time yourself completing 3 'circuits' of the quadrant and, once you have caught your breath, try to beat your personal best time

3) Hip Rotation

- Create the shape shown opposite
 - Using a 2 foot to 2 foot jump, visit each section, rotating 90 degrees with each jump, mobilising your hips but staying in control.
 - Put 30 seconds on your timer, how many rotations of the entire shape can you complete? Repeat and try to beat your personal best

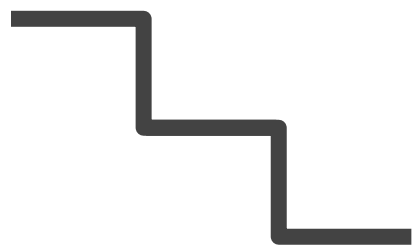


Learning questions:

What does good body posture look like?

STEP

S - In the Hip Rotation task, if you have a larger space, set out the ties/rope in a step formation



T - Change the type of jump (2 feet to 1 foot, 1 foot to 2 feet, 1 foot to 1 foot)

E - Increase the height of the barrier to make the challenge more difficult

P - Can you challenge someone in your household to see who can perform the most speed bounces in 20 seconds? Can someone in your household be your timer?

