

Physical Education (PE) - Athletics

Agility

Mr Lindley



OAK
NATIONAL
ACADEMY

Athletics: Lesson 1 - Agility

In this lesson, you will focus on developing your agility skills. It will also help with your speed, coordination and reaction skills necessary for sprinting athletics events in particular. The lesson will also help improve your concentration and focus which is key in all sports.

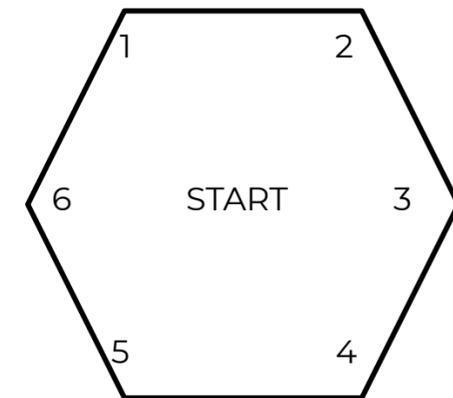
Learning intention

- **Physical:** to be able to move whilst changing speed and direction.
- **Personal:** to make fast and effective decisions and to compete with maximum effort.

Tasks

1) Agility Run 1 and 2

- Place your 6 items in a hexagon
 - Start in the middle of the hexagon and run to each item
 - Touch each item with your hand, turn/pivot and move to another item
 - Change your direction (forwards, backwards, diagonally)



- Repeat the Agility Run activity, but this time you are against the clock!
 - Complete 3 circuits of the 'gird', in the fastest possible time
 - Once you have your breath back, repeat and see if you can beat your previous time

2) Reaction Run

- Number or label your items 1, 2, 3, 4, 5, 6
 - Listen to the teacher call out a sequence, then visit each item, in the correct order, in the fastest possible time
 - Repeat 3 times, increasing the number of items in the sequence each time

3) Challenge

- Stay facing forward but amend your form of travel to execute the task (e.g. side step)
 - Consider which other forms of travel you could use, related to athletic disciplines
 - Which form of travel is the quickest?
 - Evaluate which was easiest/hardest.



Learning questions:

Which key muscles are you using the most whilst participating in the Reaction Run?

How can you help yourself to be as quick as possible during the Reaction Run activity?

