

Physical Education (PE) - Athletics

# Agility

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**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.

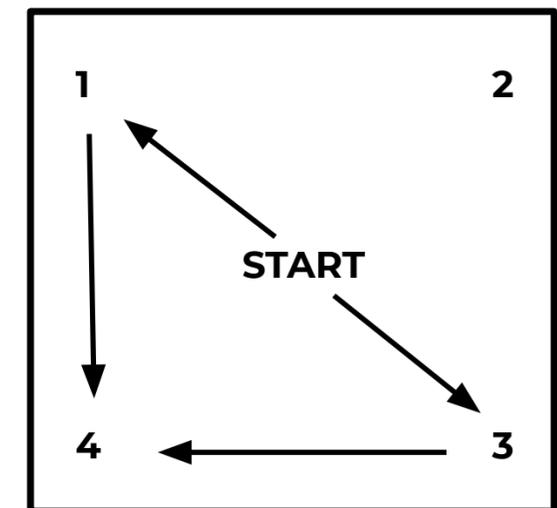
## Learning intention

- **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

- Place your 4 items in a 2m x 2m grid (square)
  - Start in the middle of the grid (square) and run to each item
  - Tap each item with your foot and move to another item
  - Change your direction (forwards, backwards, diagonally)



## 2) Reaction Run

- Number or label your items 1, 2,3, 4
  - 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

### 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?

### STEP

**S** - Can you increase/decrease the size of your grid?

**T** - Increase or decrease the length of the sequence that is called out to you.

**E** - Reduce or increase the number of objects to run to.

**P** - If you have a family member present, can they call out the number sequence for you?

