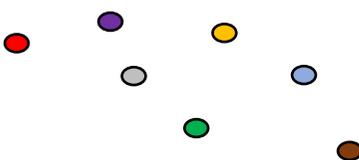
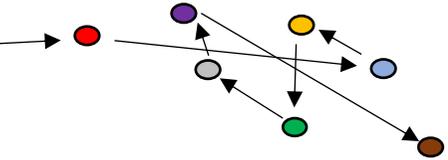
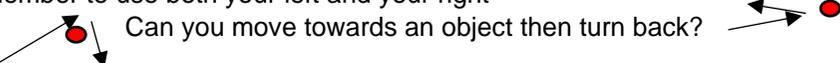


## Remote Learning – PE Week 3

**This week the focus is on agility again but with a twist...**

**Agility** is the ability to change direction quickly with balance and control. Most sports require agility, for example being able to side-step an opponent, dodge to find space, moving round a court.

<p>1. Different ways to move</p>	<ul style="list-style-type: none"> <li>Lay out your cones/ objects in any pattern you like, can you move around the space avoiding the items? Remember to move in lots of different ways: walking; jogging; skipping; jumping; side-stepping; galloping? How else can you move?</li> <li>Can you move in the above ways in different directions using the items to change direction?</li> <li>Can you move in the above ways using big and small steps?</li> <li>Can you move in the above ways at different speeds? Which is easier? Moving quickly or slowly?</li> <li>Can you change the way you move plus the direction plus the step size plus the speed?</li> <li>How long can you keep this going for?</li> </ul> 
<p>2. Let's make it harder...</p>	<ul style="list-style-type: none"> <li>Place a ball/pair of socks on each cone except 1.</li> <li>Moving through the course, you must collect a ball/ pair of socks and put it in the empty space.</li> <li>How many can you move in 1 minute? How about 2 minutes or longer? Set yourself a target, can you beat it?</li> <li>You must make sure that the cones are far enough apart to ensure you can move between them rather than just reach</li> </ul>
<p>3. Can you do this controlling an object?</p>	<ul style="list-style-type: none"> <li>Now let's introduce another skill, can you move round the course controlling an object? It can be a ball, pair of socks, or something else.</li> <li>You can use your hands, feet or an implement to move the ball.</li> </ul> <p>For example:</p>  <ul style="list-style-type: none"> <li>Can you change direction at each obstacle whilst keeping control of the ball?</li> <li>If you are using your hands or feet, remember to use both your left and your right</li> <li>Can you "dodge" round each obstacle?  Can you move towards an object then turn back?</li> </ul>
<p>4. Let's see how good you are?</p>	<ul style="list-style-type: none"> <li>Time yourself to move round an agreed number of cones, for example 10. How long did it take you? Remember you must not touch any of the obstacles</li> <li>How can you go quicker?</li> <li>How can you make the course easier/ harder?</li> </ul>
<p>5. Ok, your turn</p>	<ul style="list-style-type: none"> <li>How can we develop this further? Show me!</li> </ul>