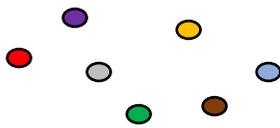


Remote Learning – PE Week 4

This week the focus is on agility with a bit of balance 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.

Static Balance is the ability to hold your body steady and maintain control of a position.

<p>1. Different ways to move</p>	<ul style="list-style-type: none"> • 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? • Can you move in the above ways using big and small steps? • Can you move in the above ways at different speeds? Which is easier? Moving quickly or slowly? • Can you “freeze” in different positions? E.g. mid skip? Mid gallop? • How long can you keep this going for? 
<p>2. Leap, freeze and reach</p>	<ul style="list-style-type: none"> • You must make sure that the cones/ objects are close enough to ensure you can move between them with a leap. Once you land, you can't move... <i>A leap is a jump taking off from one foot and landing on the other.</i> • Place a ball/pair of socks on or by each object. • Moving through the course, you must leap between each object, standing on 1 leg can you pick the ball/ socks up then place it down again, can you place it the other side of you? • Can you get round all the objects without falling over? Remember to make sure you balance on both your right and left leg and pick up/ put down the ball/ socks with both your right and left hand. • The progression could be to challenge how far you leap and how far you need to reach to pick up the ball/socks. Remember, you can put them down in front, to the side and behind you...
<p>3. Can you do this controlling an object?</p>	<ul style="list-style-type: none"> • Now let's introduce another skill, can you repeat the above but throw and catch the ball/ socks before you put them down? Can you throw and catch with 2 hands, with one hand? Don't forget to use your right and your left hand. • Can you throw the ball up? Bounce the ball on the floor? Remember it doesn't always have to be in front of you, can you throw the ball up/ down either side of you?
<p>4. Let's see how good you are... (you will need a partner)</p>	<ul style="list-style-type: none"> • Repeat the above however, once you have picked up the ball/ socks you need to throw them to your partner and then receive them back. • Remember you are still balancing on 1 leg and to use both your left and your right leg. • Can you your throw and catch with both hands? What about 1 hand? Make sure you practice with both your right and left hand. • What about receiving the ball either side of you before placing it back on the floor? • Can you vary the distance you throw the ball/ receive the ball to make it easier or harder?
<p>5. Ok, your turn</p>	<ul style="list-style-type: none"> • How can we develop this further? Show me!