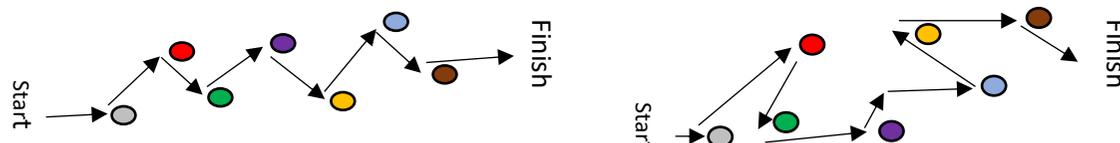


## Remote Learning – PE Week 2

### This week the focus is on agility

**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>• Can you move in the following ways? Walk; jog; skip; jump; side-step; gallop? How else can you move?</li> <li>• Can you move in the above ways in different directions?</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?</li> <li>• Can you change the way you move plus the direction plus the step size plus the speed?</li> </ul>
<p>2. Let's make it harder...</p>	<ul style="list-style-type: none"> <li>• Create a course you must travel round, this can be inside or outside.</li> <li>• Use objects that don't move, e.g. cones, books, teddy bears. Remember you don't always have to be moving forward...</li> </ul> <p>For example:</p> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> <li>• Can you change direction at each obstacle? This requires you to push sideways on the opposite foot to the direction you want to move</li> <li>• Can you change how you move at each obstacle?</li> <li>• Can you change the speed of how you move at each obstacle?</li> <li>• Can you move the obstacles so they are not the same distance apart?</li> <li>• Can you "dodge" round each obstacle?</li> </ul>
<p>3. Let's see how good you are?</p>	<ul style="list-style-type: none"> <li>• Set up the course and then time yourself, 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>4. Found that easy? Try this...</p>	<ul style="list-style-type: none"> <li>• Ask someone to set you a course, e.g. red, purple green, how smoothly and quickly can you complete it?</li> <li>• Always start at the start and finish at the finish</li> <li>• Which way should you be facing? Can you complete this task always looking at the finish line?</li> <li>• Can you go forwards and then go back to the start backwards?</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>