

Physical Education (PE) - Athletics

Speed and agility

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Athletics: Lesson 2 - Speed and Agility

In this lesson, you will develop your speed and agility skills. You will improve your ability to change direction at speed, whilst focusing on good control and balance. You will have the opportunity to create your own speed challenges.

Learning intention

- **Physical:** to jump accurately with agility and speed whilst having a controlled body.
- **Personal:** to develop tactical awareness and to focus on and develop appropriate technique.

Tasks

1) Cross Bounce

- Using your ties/pieces of string/rolled up towels, create a quadrant (cross)
 - Using a 2 foot to 2 foot jump and facing forwards, visit each section of the quadrant.
 - Jump clockwise and anti-clockwise. Rotate hips and jump with 90/180 degree turns.
 - Repeat, but hop around the quadrant.



2) .Grid Jump

- Create a 3x3 grid using your ties/pieces of string/rolled up towels
 - Using a 2 foot to 2 foot, visit each box in the grid (jump forwards, backwards, sideways)
 - Repeat but using different jumps (1 to 2 feet, 2 feet to 1, 1 to 1 foot - hop or leap)
 - Focus on pushing off and landing with control and balance
 - Put 30 seconds on the timer, how many times can you complete the grid, ensuring every square is visited? Repeat to try and beat your personal best

3) Extension

- Extend the previous activity by adding in 90 degree and 180 degree turns - focusing on trajectory and control
 - Challenge! What's the fastest time you can complete the grid?
 - Analyse what you could do or change to beat your personal best.



Learning questions:

How can you increase your speed to visit each section of the grid?

What supports good body posture?

STEP

S - Increase the size of the grid if space allows. If you are struggling for space, can you set out a grid to fit your space in a different way?



T - Change the type of jump (2 feet to 1 foot, 1 foot to 2 feet, 1 foot to 1 foot)

E - Increase the height of the barrier to make the challenge more difficult

P - Can someone in your household be your timer and coach? Can they encourage, motivate and challenge you?

