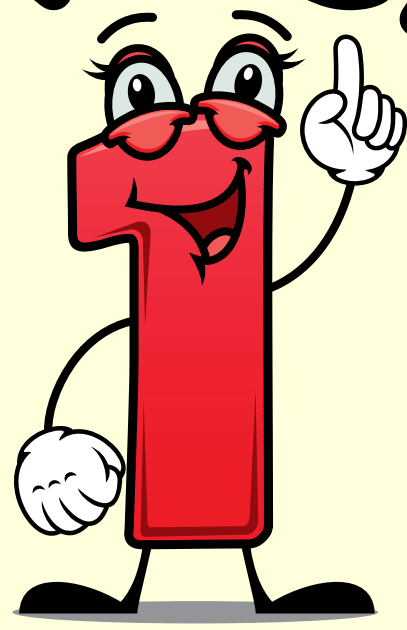




KS2

Week



Fitness - Agility

“ This week in P.E. we will be using 'agility ladders' to help improve our ability to change direction quickly (AGILITY) and footwork speed. Try these activities at home during your scheduled P.E. lessons ”



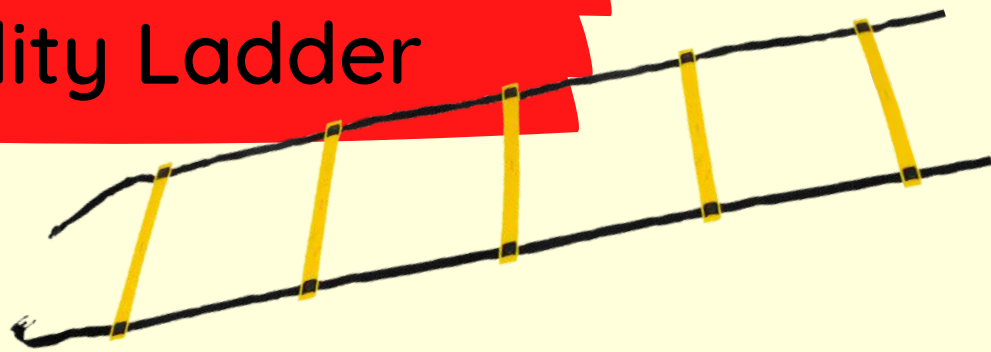
5 (or more) strips of cardboard



or 5 (or more) socks



Equipment Agility Ladder



Create your own agility ladder with

Try all the following footwork patterns

1

2

3

4

5

6

7

Below are links to two video examples of agility ladders being used - both use slow motion which is great to watch to help you see how to do the footwork patterns!

[CLICK HERE](#)

[CLICK HERE](#)



8

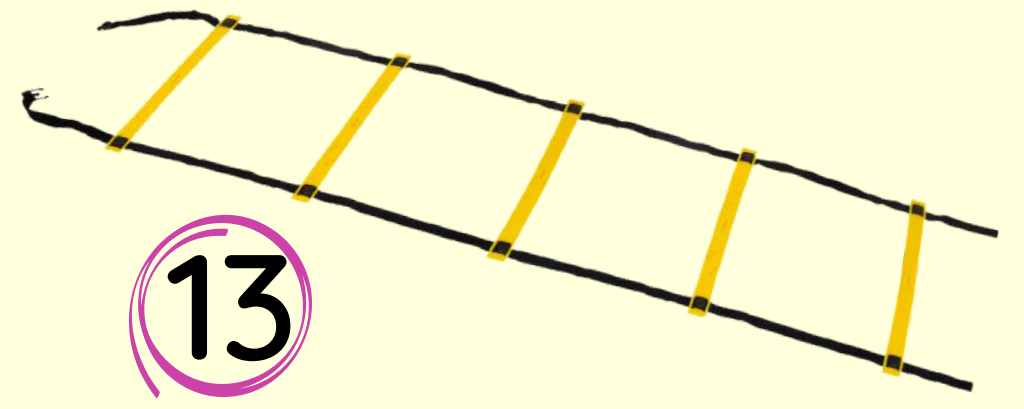
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14

15

Make up your own footwork pattern drills



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Try this fun interactive game which will challenge your agility and footwork skills

CLICK HERE

