



## Activity Plan

**TITLE:** Agility Drills with Obstacles

**KEY SKILL(S) and CONCEPT(S):** Agility: Being able to move in different directions quickly breaking from the normal running stride

**SUGGESTED GRADE LEVEL(S):** 4-8

**OBJECTIVE(S):** Students will be able to:

- Demonstrate agility when running; break running stride and be able to get back on pace.
- Demonstrate understanding of verbal cues and respond appropriately.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

### **SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):**

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**MATERIALS NEEDED:** Obstacles such as hula hoops, cones, jump ropes, etc.

### **DESCRIPTION:**

Instructor places obstacles along running course (track, gymnasium or other designated running loop). When students reach these obstacles they are instructed to zigzag around the obstacle, jump over the obstacle, perform a task using the obstacle, etc.

### **TEACHING SUGGESTIONS/TIPS:**

- Keep obstacles spread out at a safe distance.
- Be creative in developing a challenging obstacle course for students. Example: Create rocks and boulders for students to zigzag around or leap/jump over by stuffing large trash bags with crumpled up newspaper or cardboard.