

MULTI-SKILL CLUB

AGILITY 3 CHANGING DIRECTION

GETTING SKILFUL - FABBB

Encourage the children to:

Feet

- make small steps when changing direction, pushing off outside foot.

Arms

- use arms to balance when turning and then maintain speed of arm drive when direction has changed.

Body

- lean the body into the turn and then get upright as soon as possible.

Brain

- think which foot needs to be the base when making a turn.

THINK INCLUSIVE

- Divide into mixed ability groups and encourage them to explore and make games based on changing directions. Introduce the notion of fairness and equity.

Encourage the children to:

Space

- practise turning in all directions and move clockwise and anti-clockwise.

Objects

- create movement circuits making different types of turns around different types of objects
- mats or spots can be used instead of hoops
- skittles can replace markers for less agile.

Speed

- use different combinations of speeds when turning. For example, in fast out slow, in slow out fast, in fast out even faster!

Strength

- improve power of push off when changing direction and ensure it is from the correct leg.

GETTING BETTER - SOSS

ALL ROUND DEVELOPMENT, LINKS WITH:

Balance

- maintaining balance when changing direction and exploring how fast it can be done while still remaining balanced.

Co-ordination

- making rhythmical patterns with music to help co-ordinate body movement.

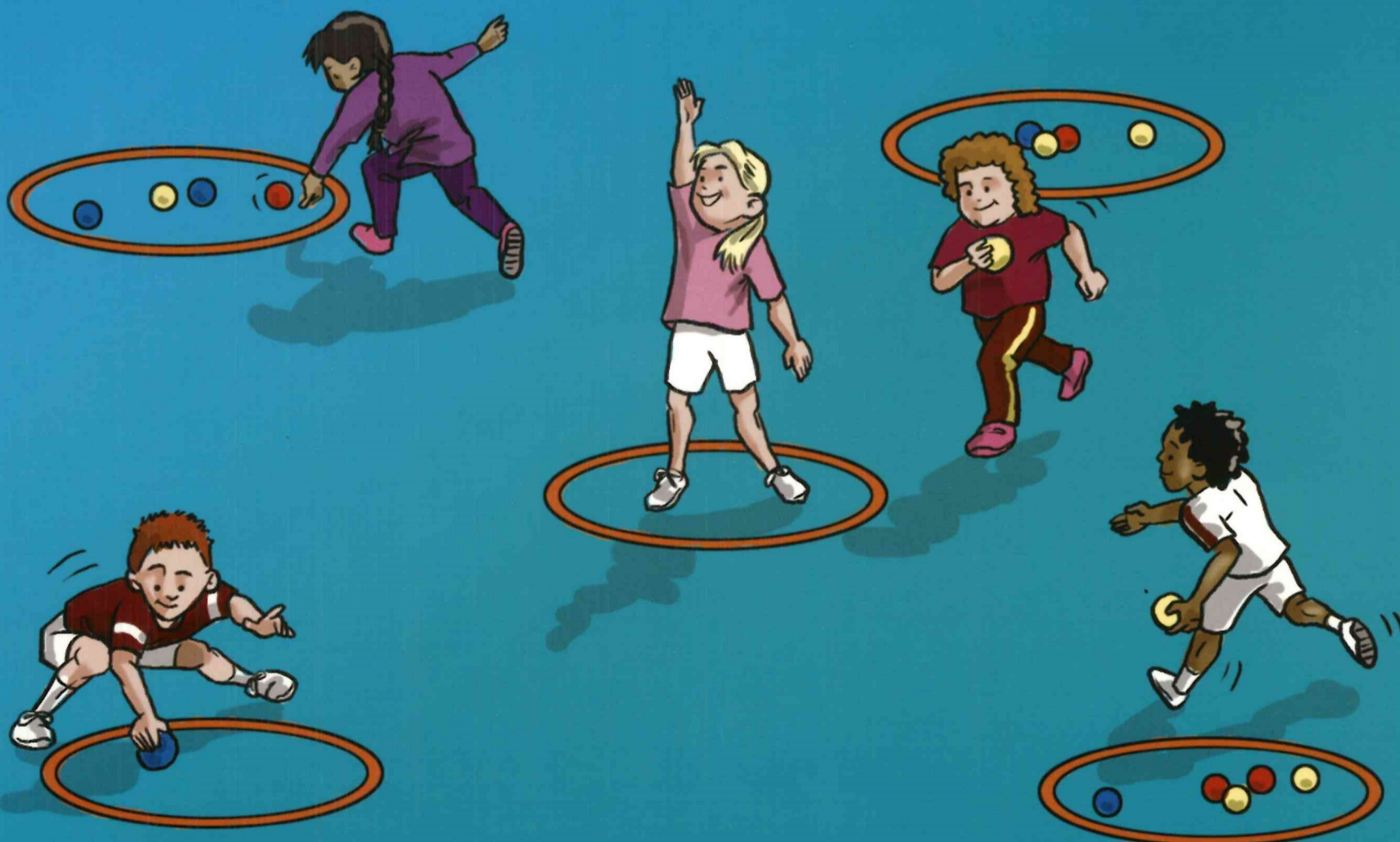
Encourage the children to try:

- movements in activities that require a change in direction, e.g:
 - running down a line and then coming inside the playing area
 - getting free from an opponent and gaining space
 - jumping off and onto a box
 - doing a cartwheel.
- making a sequence that requires three changes of direction and one change of level.

EXTENDING SKILLS

MULTI-SKILLS CLUB

AGILITY 3 CHANGING DIRECTION



LOSE THREE BALLS

- Move one ball at a time from own hoop to other players hoops.
- When own hoop is empty, stand in it with hand up to show you are the winner.



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