

# MULTI-SKILL CLUB

INCLUSION  
AGILITY

## GETTING SKILFUL

Encourage the children to:

### Upper body

- explore side to side movements that can be made quickly
- practice a range of upper limb movements that require acceleration and force, e.g, shooting at targets, serving etc.
- explore reacting to a ball sent quickly in a game like polybat or table cricket.

### Lower body

- explore different movements that can be made quickly with the lower body, e.g, avoiding an object etc.
- explore how different levels can be changed quickly
- develop specific techniques for accelerating, decelerating, stopping and starting.

### Brain

- think about how they can accelerate and decelerate and develop and practice the movements.

## THINK INCLUSIVE

- All children will benefit from exploring different ways of being agile. This can include starting in different positions or exploring the use of different body parts to produce force.

Encourage the children to:

### Space

- gradually decrease the space they need to make movements
- decrease the space in which they have to react.

### Objects

- use objects which require quick movements, e.g, small hard balls
- practice quick movements with larger implements, bats etc.

### Speed

- discover how to accelerate quickly
- develop speed of reaction by decreasing the time they have to react.

### Strength

- explore which limbs develop the strength for movement and work on improving that strength.

## GETTING BETTER - SOSS

- generate a change of speed in a small space

## ALL ROUND DEVELOPMENT, LINKS WITH:

### Co-ordination

- explore co-ordination of objects with fast sudden movements or changes of level
- particularly explore shooting at targets which requires sudden movements.

### Balance

- explore different balance positions from which fast and sudden movements can be made.

Encourage the children to try:

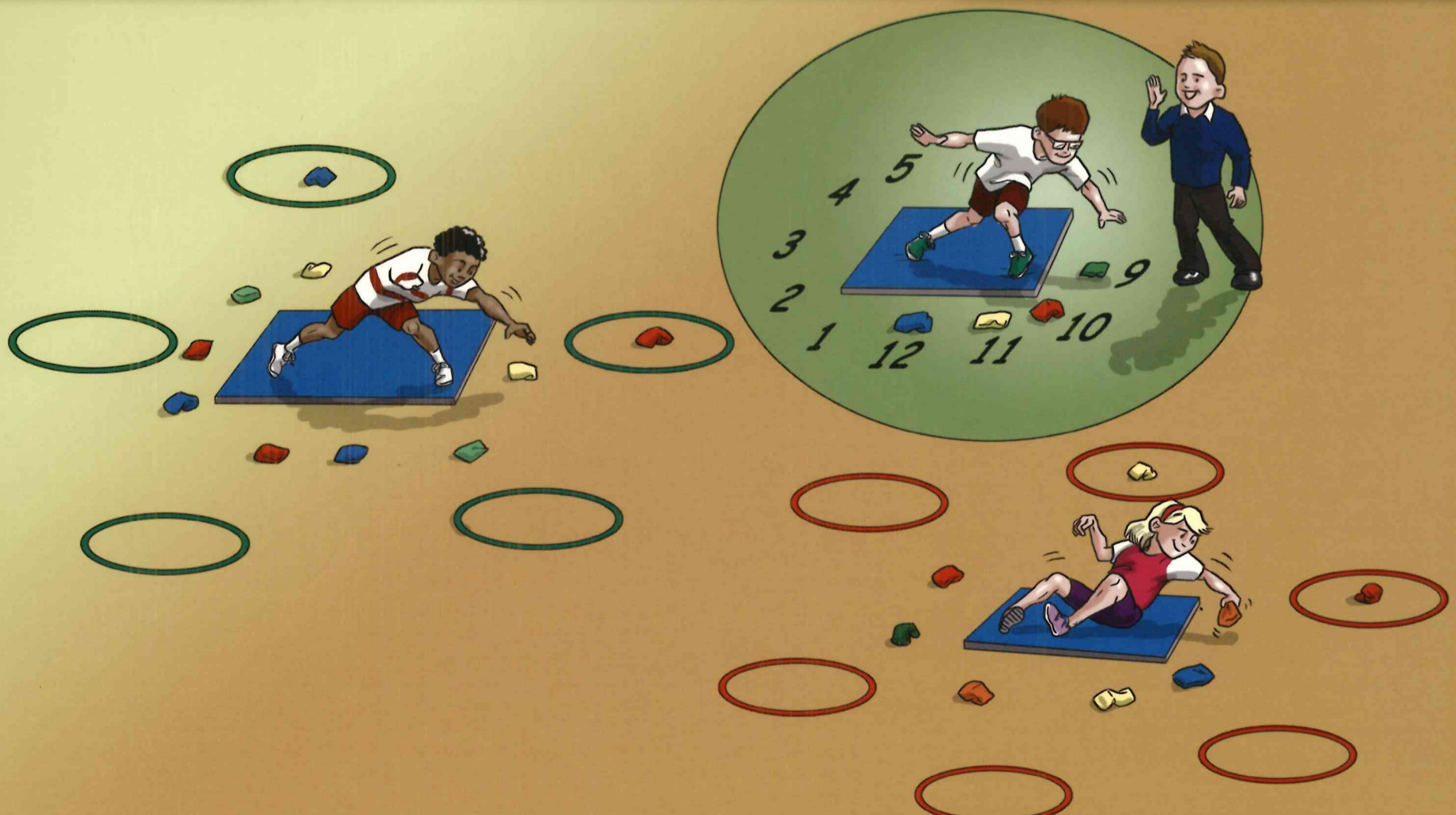
- sports that require stopping, starting and turning like wheelchair basketball
- practices that develop stopping, starting and turning
- fast reactions in sports like polybat and table cricket.

## EXTENDING SKILLS



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## WACKY RACES

- Place bean bags on throw down markers.
- Players lunge to pick up bean bags and then lunge to place bean bags in hoops.
- Players continue to place bean bags in hoops moving clockwise until all bean bags are in hoops or a signal is given.
- Begin with single instructions and progress to multiple instructions.
- Players may play competitively against each other or for a better performance against a time limit.

