



# Stay Active with Skyhawks!

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## Lesson #2: Agility

## Lesson Introduction

Welcome to the second virtual lesson in our series “Stay Active with Skyhawks!” These lessons are designed to be performed with a parent and child at your own pace and on your own schedule. We’ve selected activities that are fun, imaginative, engaging, and age-appropriate to develop the right skills at the right time in your child’s life. This lesson can be completed in under 30 minutes, requires little to no coaching experience, no equipment, and can be done in small spaces like your living room, backyard, or local park! The format remains the same from Lesson 1, so we’ll take you through a dynamic warm-up, a handful of fun activities, and then finish it off with a challenge! We are continuing the theme of agility, so you will see some activities repeated from last week with new modifications and ways to play. We hope you have fun!

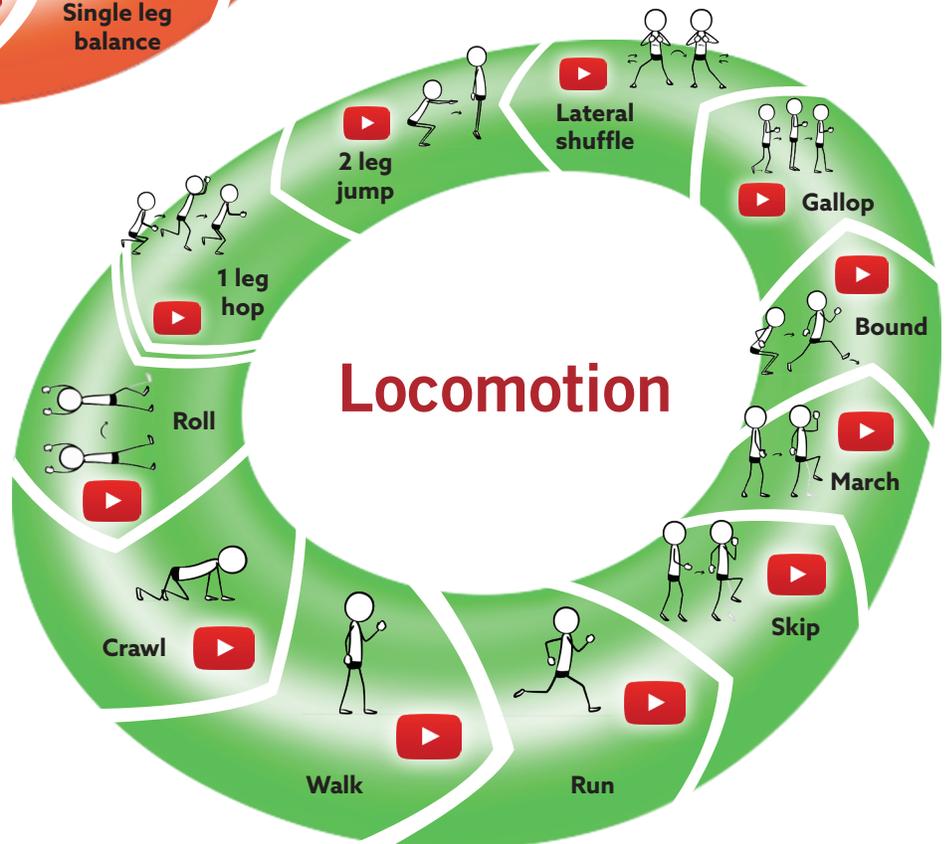
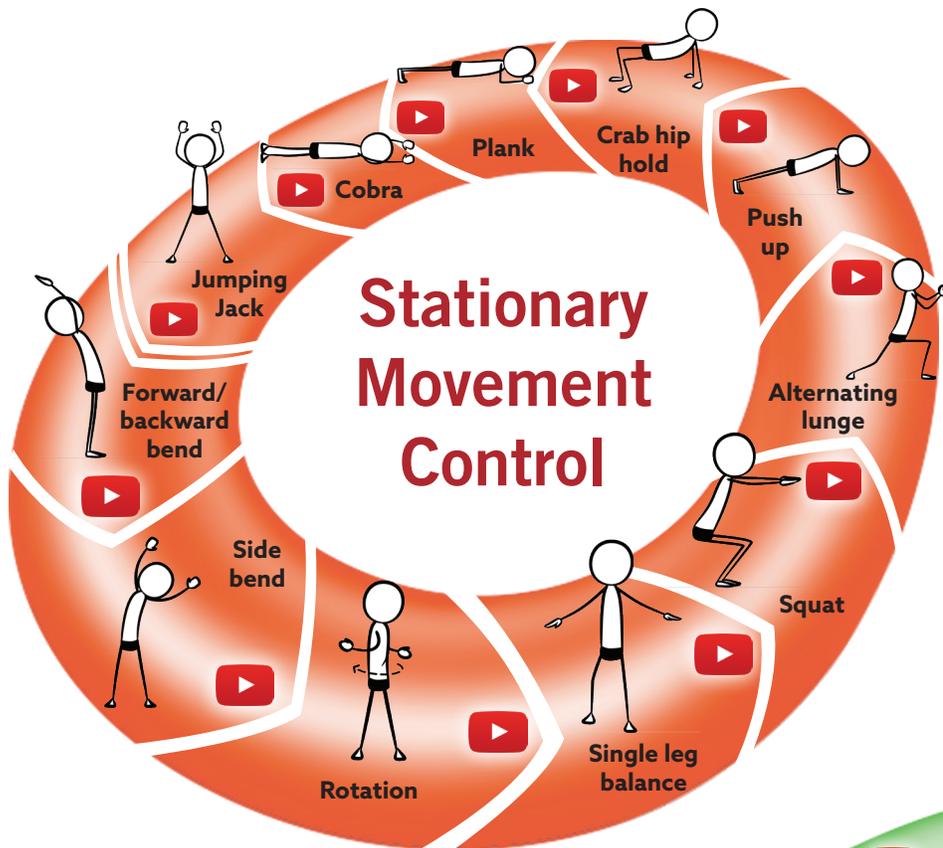
## What is Agility?

A young athlete with “agility” can move quickly and efficiently while adjusting to space, timing constraints, and other components of a physical activity. Building the skill of agility requires developing sensory skills like vision, balance, spatial ability, body awareness, and rhythm in addition to fundamental movement skills like running, jumping, shuffling, and more.

Athletes six years and older are still developing their sensory skills all the way through puberty, so activities that highlight these skills should still be included in training. However, athletes at this age have the ability to refine the fundamental movement skills involved with locomotion (running, jumping, skipping, etc.), stationary movement control (squatting, bending, balancing, etc.), and object manipulation (kicking, throwing, catching, etc.).

To build a foundation for agility, athletes at this age should learn and practice the different fundamental movement skills (even the ones outside of their top sport), and then over time, provide more challenges to the activity. For example, once they are confident with skipping, they should skip in different directions, over and around objects, and at different speeds.

# Fundamental Movement Skills



# Dynamic Warm Up (5 Minutes)

<h2>Movement Sentences</h2> <p>Once your child is able to respond to individual movement words, put 2-3 of these words together and have him transition from one movement to another for 10 seconds.</p>	<p><b>Here are some suggested movement sentences:</b></p> <ul style="list-style-type: none"><li>• Bound, Shuffle, Stop (repeat for 10 seconds)</li><li>• Roll, Dive, Explode (repeat for 10 seconds)</li><li>• Push up, Run, Turn (repeat for 10 seconds)</li><li>• Skip, Duck, Jump (repeat for 10 seconds)</li><li>• Push Up, Squat, Jump (repeat for 10 seconds)</li></ul>
<h2>Movement Variables</h2> <p>Start by having your child perform a fundamental movement skill for 5 seconds. After that, add an extra “movement variable” to that movement. Provide just enough instruction for children to understand how to perform the movement and what the added variable looks like.</p>	<p><a href="#">Skip</a> (5 seconds), <a href="#">Hard Feet</a> (5 seconds), <a href="#">Soft Feet</a> (5 seconds), <a href="#">Fast</a> (5 seconds), <a href="#">Slow</a> (5 seconds), <a href="#">Skip</a> (5 seconds)</p> <p><a href="#">Push Up</a> (5 seconds), <a href="#">Body Wide</a> (5 seconds), <a href="#">Body Narrow</a> (5 seconds), <a href="#">Moving</a> (5 seconds), <a href="#">Push Ups</a> (5 seconds)</p> <p><a href="#">Lateral Shuffle</a> (5 seconds), <a href="#">In a Zigzag</a> (5 seconds), <a href="#">In a Circle</a> (5 seconds), <a href="#">Hands Above Shoulders</a> (5 seconds), <a href="#">Hands Below Shoulders</a> (5 seconds)</p> <p><a href="#">Forward/Backward Bends</a> (5 seconds), <a href="#">Fast</a> (5 seconds), <a href="#">Slow</a> (5 seconds), <a href="#">Stop and Go</a> (5 seconds), <a href="#">1 foot</a> (5 seconds), <a href="#">Forward/backward bends</a> (5 seconds)</p>

## Agility Activity #1: [Simon Says](#) (Body Awareness)

<p>Here we use Simon Says as a game to help kids recognize the parts of their body and what they do. Make sure to incorporate movements Simon doesn't say.</p>	<p><b>“Simon Says”</b></p> <ul style="list-style-type: none"><li>• Stand feet wide as your hips</li><li>• Stand feet wider than your hips</li><li>• Stand feet narrower than your hips</li><li>• Bend knees</li><li>• Lift your thighs</li><li>• Lift your thighs high</li><li>• Lift your thighs low</li><li>• Touch your biceps</li><li>• Touch your triceps</li><li>• Bend at your waist</li><li>• Squat low</li><li>• Squat high</li></ul> <p>Try speeding up your commands to make the game more challenging!</p>
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## Agility Activity #2: “Elastic” Foot Contact with Candle Jumps

Elastic foot contact with the ground is an important aspect of agility. It is also a precursor for improving speed. It’s important that six-year-olds and up are introduced to the technical aspects of how to rebound off the ground effectively and efficiently.

**Perform 4 sets of 10-15 seconds or 15-20 yards**

## Agility Activity #3: Circle Hip Turns (Elastic Direction Change)

Agility requires young athletes to have the ability to quickly change direction at a variety of speeds and movement angles. It also requires them to quickly turn their body and reorient their head quickly.

**Perform at least 4 sets of 15 seconds.**

**Try enlarging the size of the circle to increase difficulty. Be sure to call out a lot of “switches”.**

## Agility Activity #4: Surfers

Most sports require coordination of both the upper and lower body to help an athlete maneuver with agility. This activity helps athletes develop the ability to move their entire body quickly and efficiently.

**Perform at least 4 sets of 8 surfers.**

**Tell your child to pretend he’s surfing when he stands up!**

## Agility Activity #5: Partner Auditory Tracking (Auditory Awareness)

As young athlete's reach higher levels of sports, they have to learn to take in information from all their senses to figure out the best way to maneuver. Using their auditory senses goes far beyond merely "hearing". They must also be able to identify direction and distance of sounds as well.

**Each bout should last roughly 10-15 seconds.  
Perform 3 bouts.**

Below are some other modifications to this activity:

- Stand on one foot
- Tag across the body (For example, right hand would reach across to tag over left shoulder)

## Today's Challenge: The Circuit Challenge

Try to do the following circuit in less than two minutes:

- 20 push-ups or surfers
- 20 squats
- 20 jumping jacks

**Thank you for playing today! Next week, our lesson is all about building strength! Until then, let's stay active, eat healthy, and sleep well so we can succeed in sports and in life!**