



SuperTots

SPORTS ACADEMY®



Stay Active
with SuperTots!

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**SPIDERfit
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Lesson #2: Agility

Lesson Introduction

Welcome to the second virtual lesson in our series “Stay Active with SuperTots!” These lessons are designed to be performed with you and your 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!

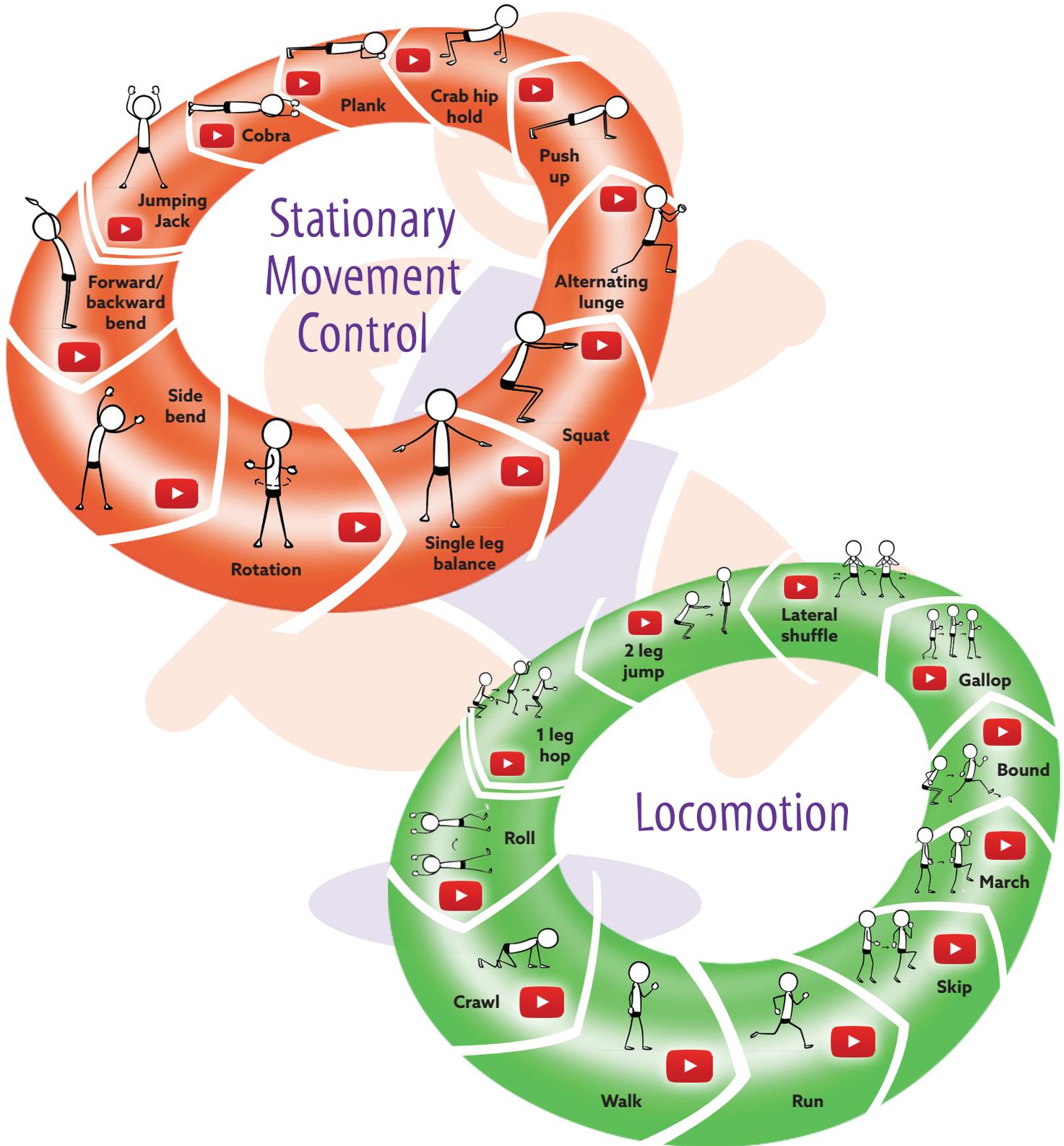
What is Agility

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.

3-5-year-olds are still developing the ability to rely on their senses to inform how they should move. At these ages, kids are able to see, hear, feel, etc. They just don’t know how to use these senses effectively in the context of physical activity. In order to lay a strong foundation for agility, we will highlight activities that challenge sensory skills.

Additionally, kids at this age should be introduced to more specific movement skills involved with locomotion (running, jumping, skipping, etc.), stationary movement control (squatting, bending, push-ups, etc.), and object manipulation (kicking, throwing, catching, etc.). They may struggle to do these activities well, but it’s important they start to practice so when they mature, they have a toolbox of skills.

FUNDAMENTAL MOVEMENT SKILLS



Dynamic Warm Up (5 Minutes)

<p>Movement Words</p> <p>Begin by calling out movement-based words and have the children do that movement for about 10 seconds. These do not have to be specific skills; they can be more abstract movement skills like “fly” or “slither”. Have fun and be creative! There are no “wrong” ways to move here! Kids can choose how they “interpret” the movement words. If they struggle, help prompt them, but there is no specific correct movement pattern here.</p>	<p>Here are some suggested movement words:</p> <ul style="list-style-type: none">• Explode• Hide• March• Roll• Gallop• Reach• Shake• Dance
<p>Movement Sentences</p> <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>Here are some suggested movement sentences:</p> <ul style="list-style-type: none">• Pounce, Spin, Hide (repeat for 10 seconds)• Kick, Roll, Jump (repeat for 10 seconds)• Go crazy, Climb, Run (repeat for 10 seconds)• Creep, Wiggle, Crawl (repeat for 10 seconds)• Fly, Roll, Run (repeat for 10 seconds)
<p>Movement Variables</p> <p>Start by having children 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><u>Skip</u> (5 seconds) Feet loud (5 seconds), Feet soft (5 seconds), Skip (5 seconds)</p> <p><u>Push Up</u> (5 seconds), Slow (5 seconds), Body wide (5 seconds), Push Up (5 seconds)</p> <p><u>Crawl</u> (5 seconds), Body narrow (5 seconds), In a zigzag (5 seconds), Crawl (5 seconds)</p> <p><u>Lateral Shuffle</u> (5 seconds), Feet wide (5 seconds), Feet narrow (5 seconds)</p>

Agility Activity #1: Simon Says (Body Awareness)

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.

"Simon Says"

- Touch your toes
- Touch your knees
- Touch your hips
- Touch your elbows
- Raise your arms
- Lower your arms
- Make your body big
- Make your body small
- Bend your knees
- Sit down
- Stand up
- Turn in a circle

This game is a classic, so have fun and get creative!

Agility Activity #2: Marching

Marching lays a foundation for skipping and running. It's important that 3-5-year-olds are introduced to the basics of this movement and have the opportunity for lots of practice.

Start by demonstrating the movement and having the athletes follow along.

- March in place (10 seconds)
- March forward (10 seconds)
- March in a circle (10 seconds)
- March with big arm swings (10 seconds)
- March with small arm swings (10 seconds)
- March with high knees (10 seconds)
- March with low knees (10 seconds)
- March in and out of cones (60 seconds)

Agility Activity #3: Red Light/Green Light* with Marching (Rhythmic/Temporal Awareness)

Activities that require changes in movement speed lay the foundation for agility. The classic game, “Red Light/Green Light” is actually a great game for teaching change of tempo.

*There is no video for this activity. Refer to the game instructions on the right.

March in place, in a circle, or across an area.

- Red Light = Stop & Freeze
- Green Light = Go!
- Yellow Light = Slow
- Get creative with different colored lights (Blue Light = Go Backward or Disco Light = Dance Party!)

Agility Activity #4: Lateral Crossover (Balance)

The ability to balance while moving at different angles is an important component of agility at all ages.

Create a straight line about 10-20 yards long and your child will keep their hips forward as they step across their body down the to balance

Here are some ways to make it more challenging:

- Eyes closed
- Call out “Switch!” and the child must change direction.
- Perform this activity 3-4 times down the line.

Agility Activity #5: Jumping Hot Pot (Elasticity)

It's important for young athletes to develop an ability to rebound off the ground quickly when they're moving in a sport. This activity is a fun way to help kids practice rebounding off the ground quickly as they move.

Here are some ways to make it more challenging:

- Have them switch direction
- Eyes closed
- Stop and go on command

Today's Challenge: Vegetables Give You Vroom

When you want rocket fuel so you can be great, make sure there are lots of vegetables stacked on your plate! Try two different veggies tonight!

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!