

AGILITY

PHYSICAL EDUCATION



AGILITY:

DEFINITION:

Dictionary

• Rectangular Snip

Definitions from [Oxford Languages](#) · [Learn more](#)



a·gi·l·i·ty

/əˈjilədē/

noun

ability to move quickly and easily.

"though he was without formal training as dancer or athlete, his physical agility was inexhaustible"

- ability to think and understand quickly.

"games teach hand–eye coordination, mental agility, and alertness"

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COMPONENTS OF AGILITY

SPEED

How fast something moves or the rate at which it covers a certain distance in each amount of time. It's a measure of how quick or slow an object or person is traveling.



BALANCE

The ability to stay steady and not fall while you're standing, sitting, or moving. It's like keeping yourself upright and not tipping over.



COORDINATION

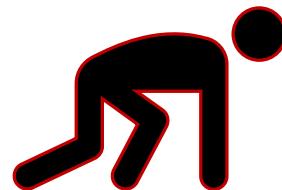
When your body parts work together smoothly and in harmony to perform tasks or movements. It's like all the pieces of a puzzle fitting together perfectly to achieve a specific action or goal.



COMPREHENSION CHECK

THE ABILITY TO CHANGE DIRECTION QUICKLY, MAINTAIN BALANCE, AND COORDINATE YOUR MOVEMENTS EFFECTIVELY.

- A) CORE STRENGTH
- B) AGILITY ←
- C) CARDIOVASCULAR ENDURANCE
- D) CIRCUIT TRAINING
- E) SPRINTING



THE ABILITY TO STAY STEADY AND NOT FALL WHILE YOU'RE STANDING, SITTING, OR MOVING. IT'S LIKE KEEPING YOURSELF UPRIGHT AND NOT TIPPING OVER.

- A) COORDINATION
- B) AGILITY
- C) SPEED
- D) BALANCE ←



COMPREHENSION CHECK

HOW FAST SOMETHING MOVES OR THE RATE AT WHICH IT COVERS A CERTAIN DISTANCE IN A GIVEN AMOUNT OF TIME. IT'S A MEASURE OF HOW QUICK OR SLOW AN OBJECT OR PERSON IS TRAVELING.

- A) COORDINATION
- B) AGILITY
- C) SPEED ←
- D) BALANCE



WHEN YOUR BODY PARTS WORK TOGETHER SMOOTHLY AND IN HARMONY TO PERFORM TASKS OR MOVEMENTS. IT'S LIKE ALL THE PIECES OF A PUZZLE FITTING TOGETHER PERFECTLY TO ACHIEVE A SPECIFIC ACTION OR GOAL.

- A) COORDINATION ←
- B) AGILITY
- C) SPEED
- D) BALANCE



AGILITY EXAMPLE



AGILITY

- QUICK CHANGES IN DIRECTION
- MAINTAINING BALANCE DURING RAPID MOVEMENTS
- EFFECTIVE COORDINATION OF BODY MOVEMENTS
- **EXAMPLES:** NAVIGATING AN OBSTACLE COURSE
- MAKING SHARP CUTS IN SPORTS LIKE SOCCER OR BASKETBALL

VS.

SPEED

- HOW FAST YOU CAN RUN, CYCLE, OR MOVE FROM ONE POINT TO ANOTHER
 - MEASURED IN UNITS LIKE METERS PER SECOND (M/S) OR KILOMETERS PER HOUR (KM/H)
- EXAMPLES:** SPRINTING IN A RACE RIDING A BIKE AS FAST AS POSSIBLE

COMPREHENSION CHECK

DIRECTION AND MAINTAINING BALANCE DURING MOVEMENT.

- A) SPEED
- B) AGILITY 



FOCUSSES ON HOW FAST YOU CAN MOVE IN A STRAIGHT LINE OVER A DISTANCE.

- A) SPEED 
- B) AGILITY



COMPREHENSION CHECK

OFTEN REQUIRES A
COMBINATION OF PHYSICAL AND MENTAL SKILLS.

- A) SPEED
- B) AGILITY 



FOCUSSES ON HOW FAST YOU
CAN MOVE IN A STRAIGHT LINE OVER A DISTANCE.

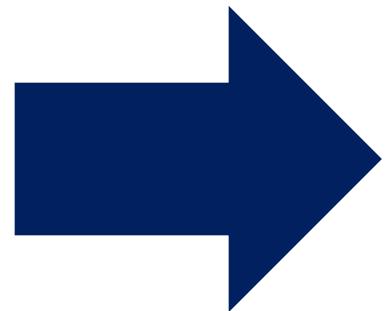
- A) SPEED 
- B) AGILITY



AGILITY EXERCISES

- 1. Ladder Drills:** Set up an agility ladder on the ground and perform various footwork patterns through the rungs. This can include high knees, lateral shuffles, and quick step-throughs.
- 2. Cone Drills:** Arrange cones in different patterns and practice weaving in and out of them as quickly as possible. You can create straight-line drills, T-drills, or zig-zag patterns.
- 3. Cone Hops:** Jump laterally over a cone or a line, landing softly and immediately jumping back to the other side.
- 4. Dot Drills:** Draw or tape dots in a grid on the ground and hop or step quickly from one dot to another in various patterns.
- 5. Box Jumps:** Use a plyo box or a sturdy platform and jump onto it from a standing position, then step down and repeat. This exercise improves explosiveness and lower-body agility.
- 6. Agility Hurdles:** Place low hurdles in a line and practice hopping over them with quick, coordinated movements.
- 7. Jump Rope:** Skipping rope helps improve coordination, footwork, and quickness, which are essential for agility.

AGILITY VISUALS



LADDER DRILLS



CONE DRILLS



CONE HOP



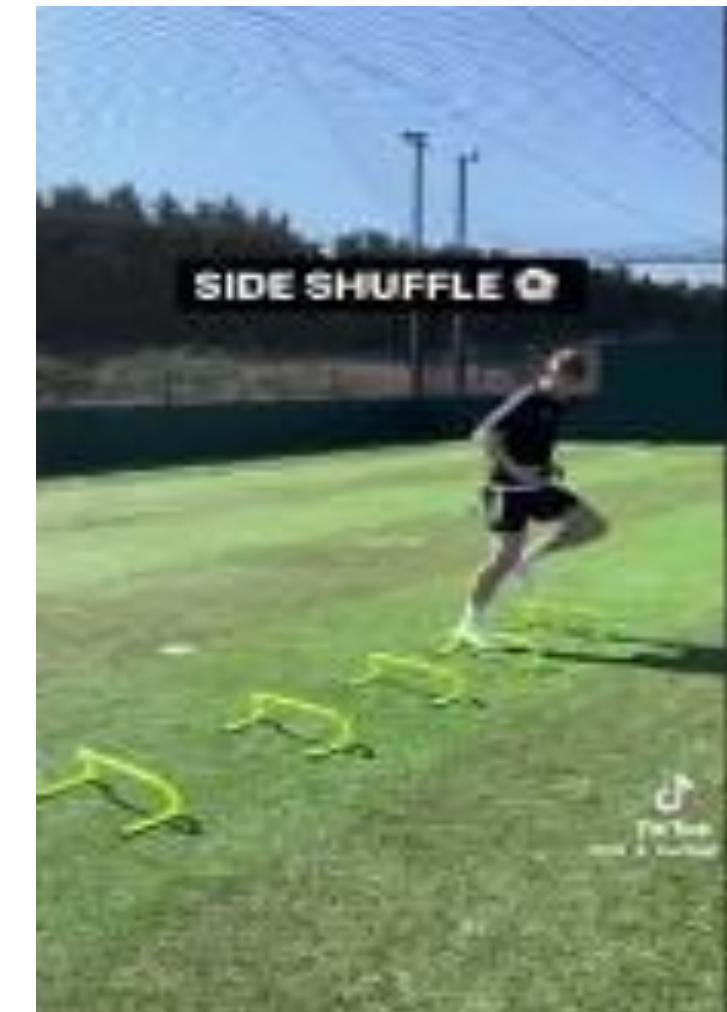
DOT DRILLS



BOX JUMPS



AGILITY HURDLES





AGILITY OBSTACLE COURSE

