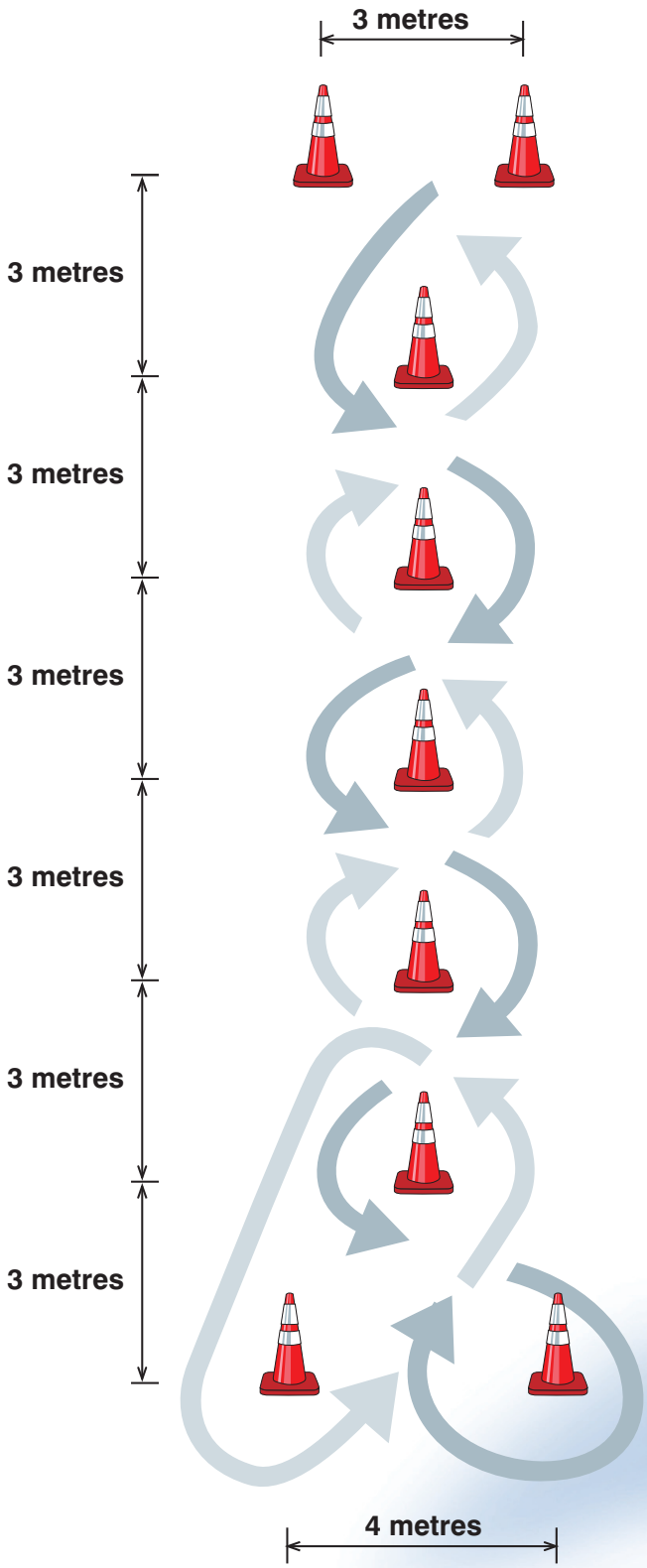
The PE Office

Agility Run 3



Equipment:

- Chalk
- Tape Measurer
- 9 Cones
- Stopwatches
- Scorecard
- Pen

Master Scorecard on reverse

Teaching Points:

- In turn pupils begin test on floor
- Body must be in contact with floor previously to *"GO"* Command
- On *"GO"* Command pupils jump up and run in and out of cones
- When the 5th cone is reached, pupils must run around the outside of the top cone, head back around the cone 5, before running around the outside of the opposite top cone and back around cone 5 again
- Pupils then sprint through the finish line in and out of the cones

Please Note:

Teacher/Official - Time and Record Score

YEAR 7/8

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Activity: Agility Run 3

Member of Staff: _____

Date: _____ Time: _____

Number of Pupils: _____ Age/Year: _____ Group: _____

Name:	Score	Comments

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