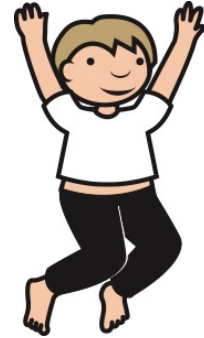# *Agility*

Agility is the **speed** with which a child performs a movement and the **ability to change the direction** of the body in an efficient and effective manner.

In order to achieve agility we requires a combination of:

- static balance
- dynamic balance
- speed
- strength
- coordination
- spatial awareness

Children in early years will begin to develop agility once they have developed the above through regular access to a variety of activities and free play.

Why Agility is Important
"Speed and agility training enhance athleticism and make your child more likely to participate in sports. Sport participation promotes an appreciation for health and exercise, a sense of self-worth and interaction in a teamwork setting" - Ryan Hedstrom and Daniel Gould

Activities

- A variety of movement patterns, which include arm and leg movements performed from a stationary position.
- Jumping moves and activities that promote spatial awareness.
- Relay Races.
- Obstacle Courses.
- Active Stories.
- Stop and Go.