

## Agility Challenge

Agility Challenge introduces young people to the skills, fun and variety of Sportshall, through the provision of safe, multi-skills activity. Generally delivered indoors, the Agility Challenge provides a great tool for curriculum teaching that appeals to both the specialist and non-specialist teacher.

### Programme Overview

Agility Challenge supports and encourages young people in developing a broad set of skills relevant to all sports. The programme incorporates ten activities:

- Balance Test
- Standing Long Jump
- Speed Bounce
- Target Throw
- Hi-Stepper
- Chest Push
- Vertical Jump
- Shuttle Run
- Foam Javelin
- Standing Triple Jump

### Curriculum Support

The Agility Challenge supports individual assessment through a series of progress awards structured around Triathlon, Pentathlon and Decathlon challenges. An easy to use spreadsheet supports this. The activities are easy to introduce and the accompanying resources encourage the involvement of every child throughout the learning process in prescribed roles as an athlete, coach or judge.

### An Introduction to Competition

In addition to being the perfect preparation for Sportshall Primary and Secondary competition, the Agility Challenge programme offers small team competition formats. These are ideal for intra-school competition whether within an individual class or across the entire school.

### Fitness Monitoring

A new resource supporting individual assessment through the progress awards has been released recently. The same resource also enables the collection of data and subsequent assessment and comparison of fitness levels between groups. This offers exciting opportunities and great potential in the future use of the Agility Challenge.

### Support Services

The Sportshall Team offer a broad range of services designed to support the delivery of Sportshall in the curriculum and across a School Sport Partnership. The Agility Challenge provides an ideal focus and the basis for a whole school training workshop within the Primary setting. The team are ready to assist.

For further details ...

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