

MULTI-SKILL CLUB

AGILITY 1 CHANGING PACE

GEARS



1

Drive off the ground



2



3

Lean forward



4

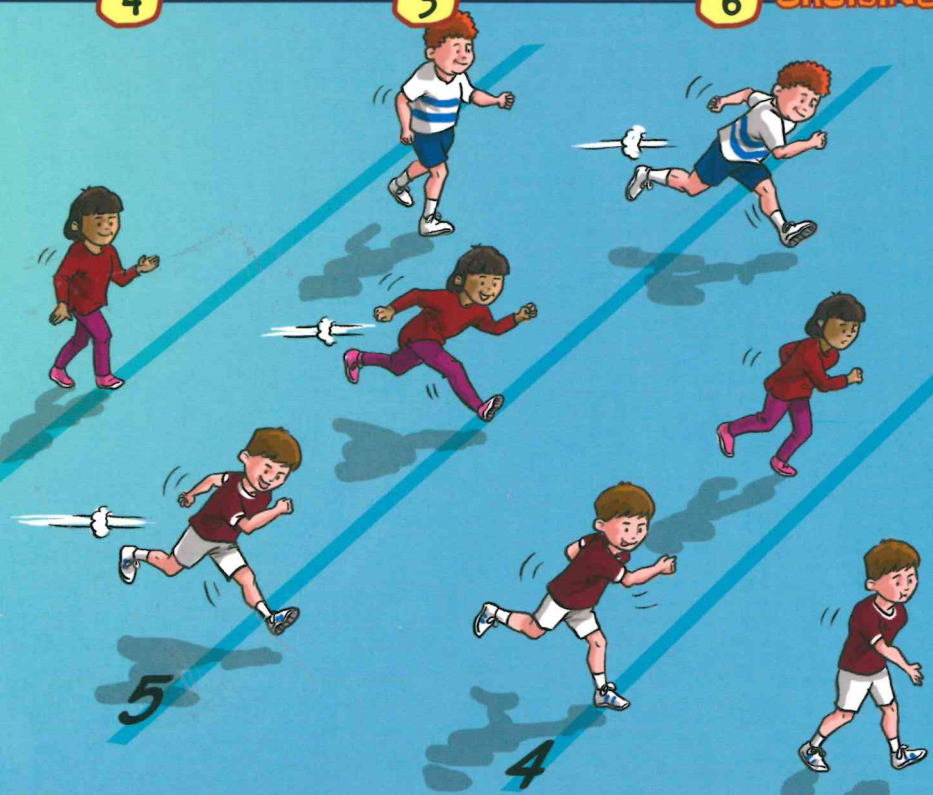
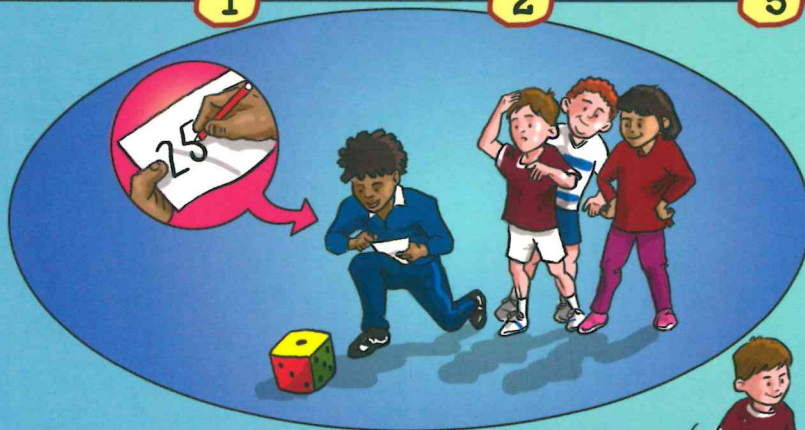


5



6

CRUISING



GRAND PRIX RUNNING

- Ask children to demonstrate different styles of running to correspond with gears 1 to 5.
- Try different types of change, e.g. 1 to 2, 2 to 5, 5 to 4, 5 to 1.
- Throw a dice and shout out the number, children then have to move in that gear.
- The number 6 means a free choice.
- Introduce another dice with the words, run to the left and run to the right written on it.
- This time call the number and the direction.