

# ACTIVITY SHEETS

## AGILITY POLES

Two piece agility pole for fitness activities, testing, agility drills, goals, golf holes, team markers, start/finish line markers.

Choose between three types of bases:

1. Heavy duty rubber base for indoor and outdoor use
2. Spring spike base for grass use only
3. Spike base for grass use only

### ACTIVITY IDEAS

#### TRADITIONAL USE

Designed to assess and improve agility. Poles are set up in a line or other configuration.

Participants run through the course and their time is recorded. Great for fitness training, sport team training for hockey, soccer, touch, football

#### ALTERNATE USE

Additional lengths may be purchased and used to set up goals for AFL or other sports.

Clip-on flags are also available, which allows each post to be used as a golf flag, cross-country course marker, soccer corner flag, orienteering or any other activity requiring visible markers. Options are available in both rubber and spike base

#### INDIVIDUAL / PARTNER / GROUP ACTIVITIES

Set up agility poles in a straight line or other configuration. Students can be timed running through the course and attempt to improve their time. Two, three or four courses could be set up side-by-side for relay or other competitive events.

Variations – runner must touch the ground after passing each agility pole, dribbling soccer or hockey ball, side stepping etc.

#### TABLOID SPORT ACTIVITIES

A variety of other equipment could be incorporated within a tabloid sport event- such as dribbling soccer balls / basketballs through the course.

Students could also use a skipping rope, pogo ball, egg & spoon, Step 'n' Spin or any other appropriate equipment. Points can be scored for each successful completion of the course.

#### SCOOTER BOARD SKIING

Scout Slalom style through agility poles. Students are to complete the course in teams, as a relay. Difficulty and interest can be enhanced by making students pick up or drop off various items as they complete the course. This may include taking a flag off each pole or throwing a ball / beanbag into a hoop.

Use Nyda Scooter Boards for this activity.

#### AFL MODIFIED GOAL

By adjusting the height of your agility poles, you can create portable modified goal posts... ready to use anywhere.