



commit to be fit
Student Wellness Activities

AGILITY ACTIVITY



All you need are 8-10 sheets of paper

Set-up: Space out 8-10 sheets of paper on the floor approximately 12-16 inches apart.

Try these different agility/coordination activities:

- 1. Double Leg Jumps through the gaps**
- 2. Single Leg Hops through the gaps**
- 3. Snake/Zigzag through the gaps**
- 4. Walking push-up or push-up sidewalks through the gaps of paper**
- 5. Ball the paper up and do underarm throws into a hat or bucket**



Be sure to mark your scorecard by coloring in one rung on the ladder.