

# CHALLENGES

Can you do these exercises for 30 seconds without stopping? 60s? Longer?

AGILITY 2

## PYTHON



Sidestep into a space. Make sure you lead with both your left leg and your right leg in turn.

## PARROT



Sidestep to the left for 5 seconds and then back to the right for 5 seconds (make sure you have enough space!). Repeat 5 times.

## TIGER



Sidestep to the left and to the right for 3 seconds. Repeat this and try to move forward as you side step from left to right

## GORILLA



Can you sidestep in and out of 5 objects placed in a line? Zigzag in and out of the objects as fast as you can.

## RHINO



Put the objects in a different shape and sidestep in and out of them as fast as you can. Make sure you have a start and a finish. Maybe you can get someone to time you?

## GIRAFFE



Left! Right!  
Forwards!  
Backwards!

Working with someone at home, ask them to call out commands and respond as quickly as you can. Can you keep it up for 1 minute? Can you both do it together and take turns copying each other?