

## **Infant Agility Virtual Competition - Balancer Activity**

Equipment:

- Spot
- Stopwatch

Set up and delivery:

- Put athletes into pairs. 1<sup>st</sup> pupil must stand on one foot on the mat, using their partner to help them gain balance.
- Start the stopwatch when the balancer has let go of their partner. The balancer must lift their leg in front of them parallel to the floor (Knee bent).
- The stopwatch is stopped when the balancer drops their leg to the floor.
- The maximum duration to time each balancer is 15 seconds on each leg = 30 seconds in total.
- Older pupils may help to time and score the activity

Recommended balancer time is around 10s for Reception.

## **Infant Agility Virtual Competition – Bouncer activity**

### Equipment:

- Speed bounce mat or two small mats and a wedge
- Stop watch
- whistle

### Set Up and Delivery:

- Each bouncer must jump from side to side over the wedge – landing with both feet together.
- The activity starts on the whistle and finishes on a vocal command – STOP!
- Each bouncer has 20 seconds to complete as many bounces as possible
- Older pupils may help to score the activity i.e. count the number of bounces

Recommended number of bounces for reception is around 10.

## **Infant Agility Virtual Competition – Catcher activity**

### Equipment:

- 1 Ball (e.g. size 3 football) per participant
- 1 Spot per participant

### Set up and Delivery:

- The catcher stands on the mat and attempts to complete the following steps:
  1. Throw – Catch
  2. Throw – Clap – Catch
  3. Throw – Clap x2 – Catch
  4. Bounce – Catch
  5. Bounce – Clap – Catch
  6. Bounce – Clap x2 – Catch
- For each Successful catch one point is awarded.

Recommended number of catches for reception is 4.

## Infant Agility Virtual Competition – Launcher activity

### Equipment:

- 3 Foam Javelins
- 5 Cones
- A throw down line or spot

### Set up and Delivery:

- Place the spot down to mark the throwers position, then place the first cone at 2m and each cone at 1m intervals after that.
- Each pupils gets 3 attempts to throw the javelin, and their best score is recorded, according to the following points system.
  - 0-2m = 2 points
  - 2-3m = 3 points
  - 3-4m = 4 points
  - 4-5m = 5 points
  - 5-6m = 6 points
- The points are recorded from where the javelin lands e.g. if the javelin lands between the 2 and 3m cones the participant would achieve 3 points.

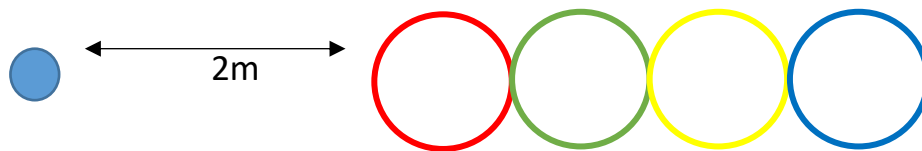
## Infant Agility Virtual Competition – Pitcher activity

### Equipment:

- 12 bean bags (3 red, 3 green, 3 yellow, 3 blue)
- 4 smaller hoops around 1m diameter – the same size. 1 red, 1 green, 1 yellow, 1 blue. (These targets may also be created through cones).
- 1 spot and 1 cone.

### Set up and Delivery:

- Place the first target 2 meters away from the spot, which marks the throwers position.
- Each target after that should mark another meter. E.g.



- Each participant must try to throw underarm into the corresponding hoop/target i.e. red bean bags into the red target.
- Each Bean bag is a point, therefore the maximum any participant can score is 12.
- If the bean bag lands half into the target it will still score.

Recommended number of points scored for reception is around 5.

## **Infant Agility Virtual Competition – Skipper activity**

### Equipment:

- 1 skipping hoop per participant
- Whistle
- Stop watch

### Set up and Delivery:

- Each participant must have 1 skipping hoop and a leader to count
- Each skipper must start with the hoop behind them and two hands on the hoop, so that the rotation will be forwards.
- Skippers start on the whistle and have 20s to complete as many skips as possible. They must stop on the vocal command, “STOP”.
- Their score is then recorded.

Recommended number of Skips for reception is around 5.

## **Infant Agility Virtual Competition – Striker activity**

Equipment:

- 6 cones
- 1 spot
- 3x size 3 football

Set up and Delivery:

- Set up the cones in a line, with approximately 15cm between them, 4 meters away from the striker's position, marked by the spot
- The participant gets three attempts to hit the cones. Once they have been hit they are removed from the game. 1 point is awarded for each cone hit.
- The balls are collected once all three attempts have been undertaken.

Recommended number of cones to be hit is 3.