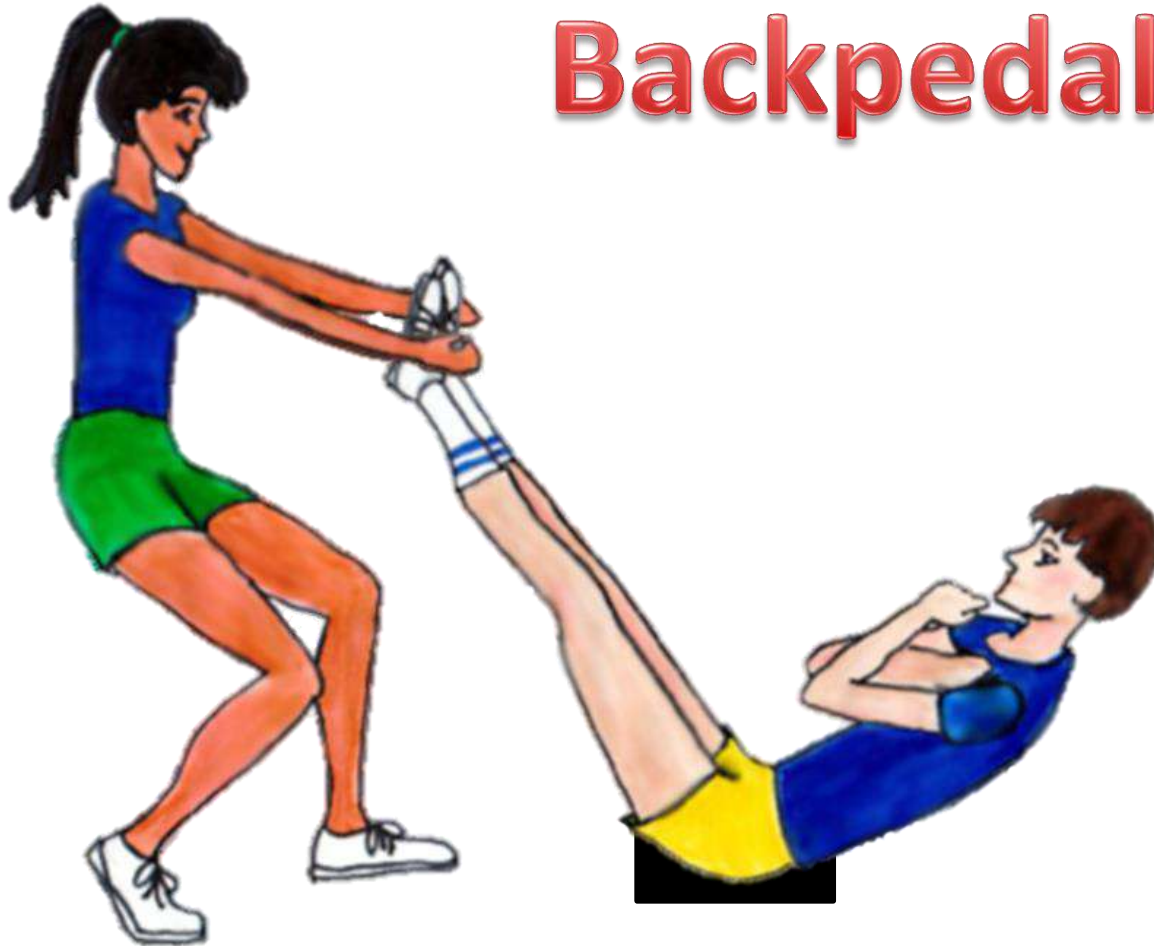


# Backpedal



If you are pulling, grab your partners ankles firmly, keep your chest up and pull them backwards toward the indicated cone or line and return to the starting line. If you are being pulled, sit in the middle of the gliding SQAIR with your knees slightly bent and your arms crossed in front of your chest.

# National Standards Met

## STANDARD 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Working with others

Peer coaching

Partner stunts

## STANDARD 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

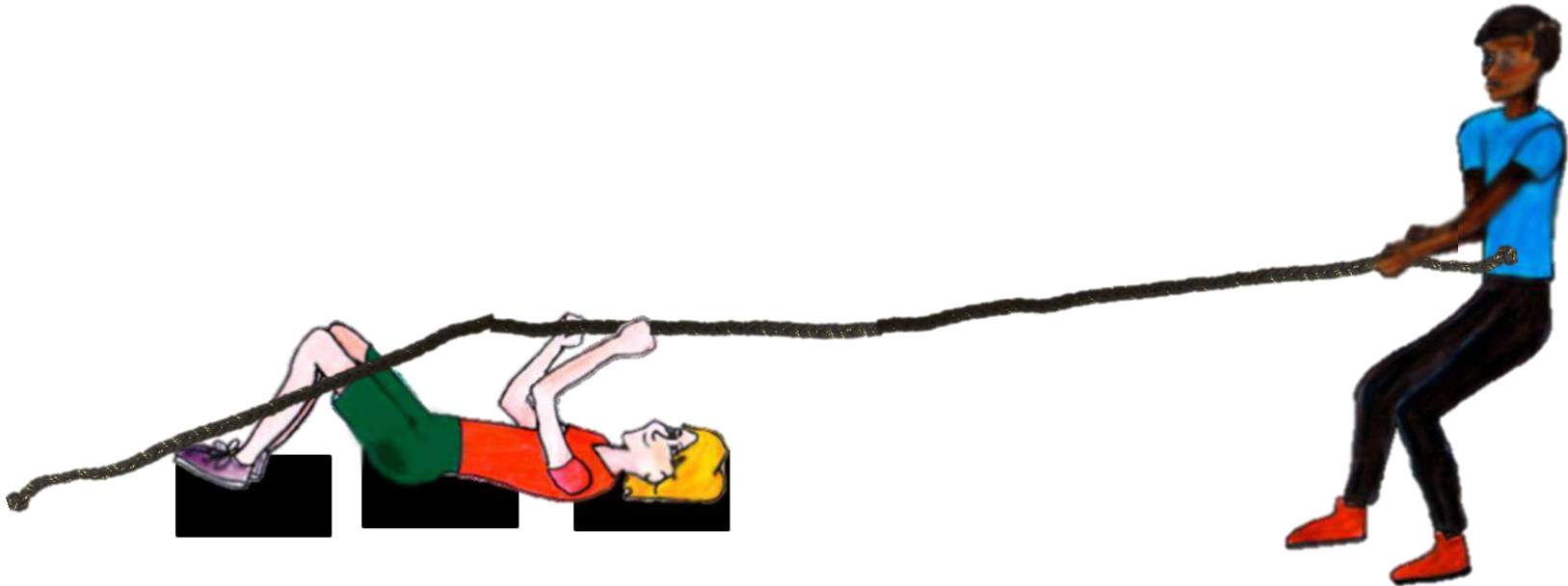
Speed, direction, force, fitness	Effective for sports and fitness	
Defence	Football	Tennis
Fielding	Hockey	Baseball
Muscular Endurance	Basketball	Soccer
	Lacrosse	Cross Fit, Tough Mudders

## STANDARD 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

STANDARD 4
Personal Responsibility
Engages in Physical Activity
Working with Others/Teamwork
Rules and Etiquette
Social Interaction

# Under the Bridge



If you are horizontal, make sure your head and shoulders are on the 1<sup>st</sup> gliding SQAIR and your hair is out of the way. Your bottom and back are on the middle gliding SQAIR, and your feet are on the last gliding SQAIR. Your partner or partners are on the other end holding the least amount of rope furthest away from your head. Pull your way toward them as fast as you can. Switch players so that everyone gets a chance to try!

# National Standards

## STANDARD 3:

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

What body parts  
are being  
strengthened by  
this activity?

Fitness  
Strength  
Balance  
Teamwork

## STANDARD 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

### STANDARD 4

Personal Responsibility

Engages in Physical Activity

Working with Others/Teamwork

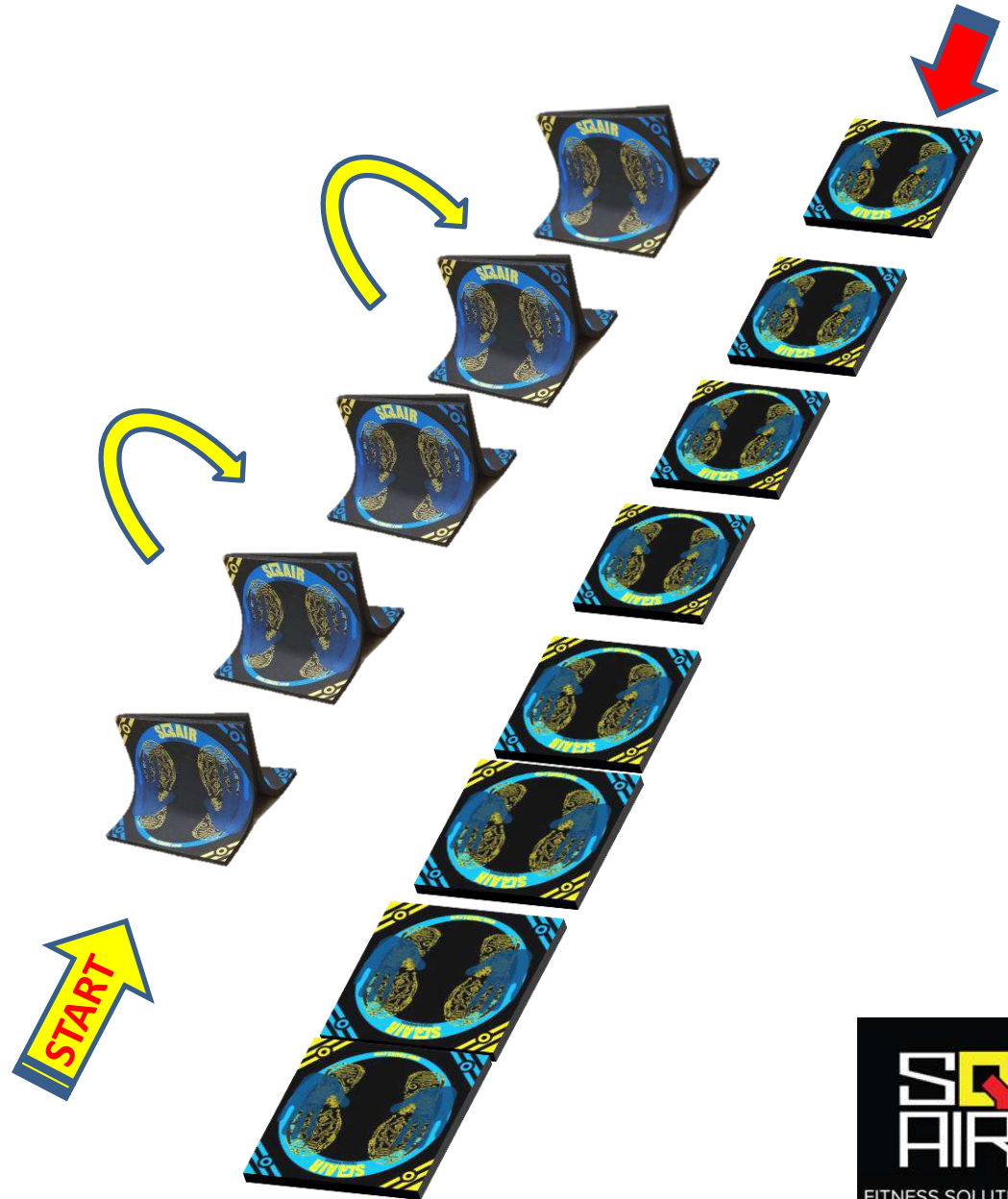
Rules and Etiquette

Social Interaction



# HURDLES, LADDERS, & DISCOVERY

1. Leap through the hurdles, then hopscotch through the agility ladder. Note how much faster you have to move as the SQAIRs get closer together.
2. After everyone has gone through this course twice it's time to create your own!
3. Spend no more than \_\_\_\_ seconds working together to create a different course that challenges everyone's speed, agility, and/or unique abilities.



# National Standards

## STANDARD 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Speed, direction, agility, fitness	Effective for fitness
Aerobic Capacity	Great for all fitness and sport units
HIIT	Peer Coaching
Muscular Endurance	Self Check

## STANDARD 3:

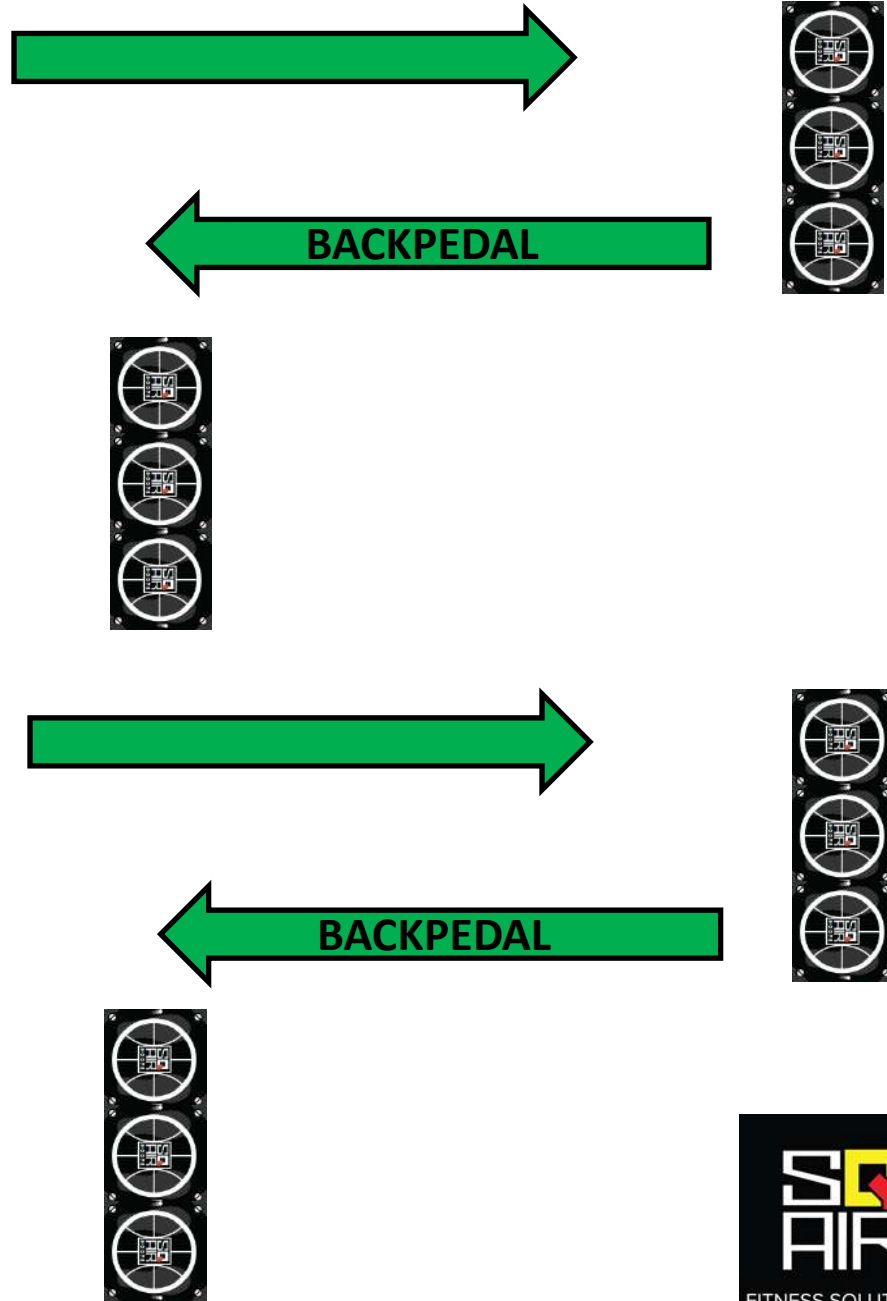
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Goals of your new agility course	Tactful Focus
Enhance the quality of movement by understanding, developing, and transferring movement concepts, skills, tactics, and strategies to new movement activities.	Skillful Movement Communication
Balance self and teammates through safe and respectful personal, social, and environmental interactions with these new movement activities.	How did you communicate with your partner/group members? What strategies allowed you to successfully complete the challenge?



# CATCH ME IF YOU CAN

1. First person starts by running up to the first SQAIR. They then run in and run out of each SQAIR from left to right as quickly as they can. As soon as they finish, they backpedal to the next 3 SQAIRs behind them.
2. When they start to backpedal, the next student runs forward to do the same thing. This student is now trying to catch the student who was before them and tag them.
3. The student who goes next has the same goal, and so on and so on.
4. The heart recovery happens when they return to the end of the line.



# National Standards Met

## STANDARD 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Working with others

Peer coaching

Partner stunts

## STANDARD 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

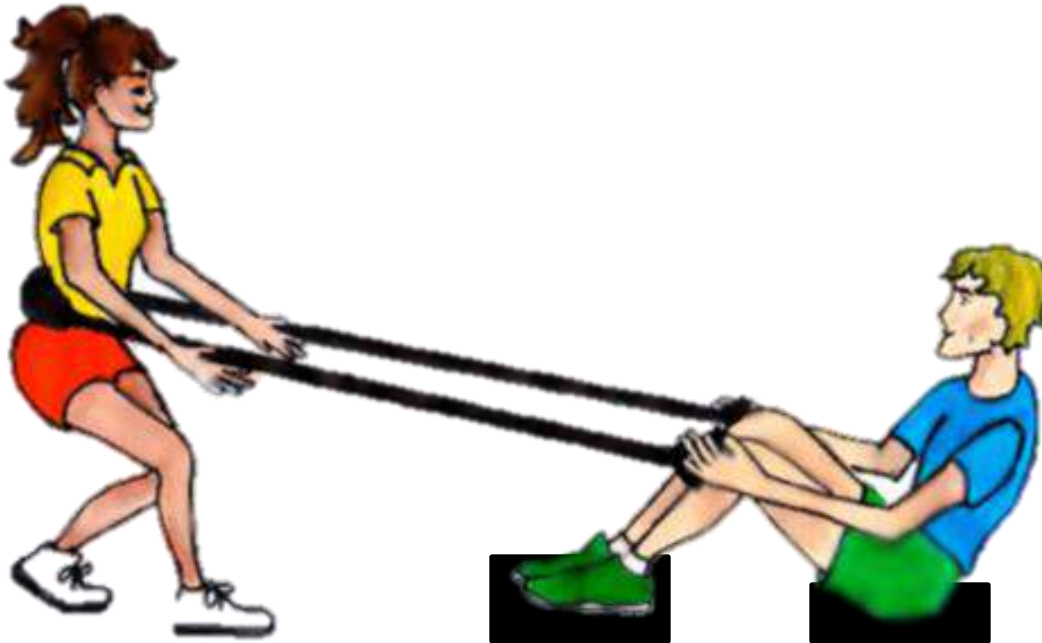
Speed, direction, force, agility, fitness	Effective for sports and fitness	
Defence	Football	Tennis
Fielding	Hockey	Baseball
Muscular Endurance	Basketball	Soccer
Acceleration	Lacrosse	Cross Fit, Tough Mudders

## STANDARD 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

STANDARD 4
Personal Responsibility
Engages in Physical Activity
Working with Others/Teamwork
Rules and Etiquette
Social Interaction

# Pull Rope Exercise



If you are pulling, place the padded section of the pull rope on the small of your lower back. Keep your chest up and pull your partner backwards toward the indicated cone or line, and return to the starting line. If you are being pulled, sit in the middle of the gliding SQAIR with your knees in toward your chest, your elbows close to your thighs and feet flat on the second gliding SQAIR in front of you. Engage your core and always keep your feet in front of you.

# National Standards Met

## STANDARD 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Working with others	Peer coaching	Partner stunts
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## STANDARD 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Speed, direction, force, fitness, strength,	Effective for sports and fitness	
Defence	Football	Tennis
Fielding	Hockey	Baseball
Muscular Endurance	Basketball	Soccer
Power	Lacrosse	Cross Fit, Tough Mudders

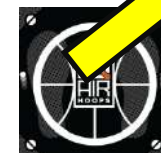
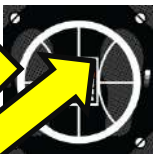
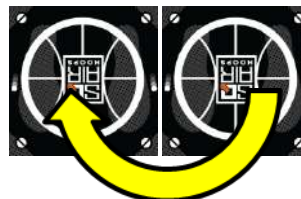
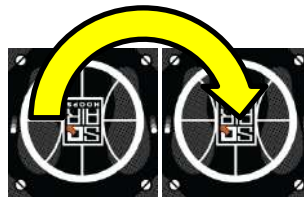
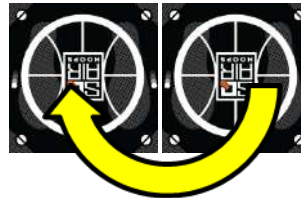
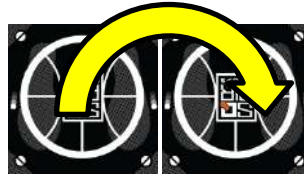
## STANDARD 4:

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

STANDARD 4
Personal Responsibility
Engages in Physical Activity
Working with Others/Teamwork
Rules and Etiquette
Social Interaction

# Lateral Leaps & 180s

1. First person starts by leaping laterally to the outside footprint of each SQAIR. When they reach the end the next person in line starts. They then continue to the next section of ladder drills, the 180° jumps.
2. Place your feet in a wider stance. Note where your feet are on the SQAIRs so you can land in the exact same place when you jump 180° onto the next 2 SQAIRs. Jump from one section of the ladder drill to the next.
3. Go to the end of the line and repeat.



**START**



# National Standards Met

## **STANDARD 1:**

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Proper jumping  
and landing safely

Lateral leaping

Wider stance for more  
powerful lift off

## **STANDARD 2:**

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement patterns.

Speed, balance, direction, fitness

Effective for sports and fitness