**Agility Exercises for Students**

Listed below are some exercises for students to keep active throughout the day and get a great workout. These exercises help with **agility. Agility** is short, quick bursts of speed. Try to perform these exercises using quick bursts of speed. Can you think of any sports or activities where agility is involved?

**Bear crawl-** Put your weight on your hands and feet. Walk forward moving your right arm and right leg and then moving your left arm and left leg

**Jumping jacks**- Start with your feet together and arms by your side. Jump, extend your legs out to the side and extend your arms over your head

**Bunny hops**- Start with feet close together. Quickly jump forward, backward, left and right without stopping

**Chest Jump**- Jump up, tuck your knees in towards your chest and land with bent knees

**High knee march**- March around a safe space while getting your knees up as high as you can

**Fast feet**- In your personal space, keep your feet close together and moving as quickly as you can

**Side shuffle**- Shuffle your feet quickly to the right and then to the left

**Star jumps**- Start with your feet shoulder width apart. Jump up and extend your arms and legs out to the side like a star. Land with knees bent

**Hop on one foot**- Hop on your right foot to the best of your ability, then alternate and hop on your left foot to the best of your ability

**Jump rope hops**- Hop forward and backward while jump roping

**Side hops**- Hop from side to side on both feet

**Diagonal hops**- Hop diagonally on both feet

**Skipping**- Skip safely in your personal space

**Donkey kick**- Put your weight on your hands, take your weight off your feet and kick backwards

**Squat jacks**- Perform a squat by bending your knees and keeping your back straight. Then jump up and perform a jumping jack