

Athletic and Agility Movements for Elementary and Middle School PE: Implementing a variety of creative movements to enhance coordination and athletic training

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Warm Up

Basic dance moves to get loose

1. Single bounce
2. Step – feet meet and touch side to side
3. Step – feet meet and touch side to side (with bounce added)
4. Step – Same as above (with clap added)
5. Step – Same as above (with arms open)
6. Step – feet meet and touch side to side (with body weight squat in between steps)
7. Step – Cross feet in front (step touch with a funky move)
8. Step – back, together (right, left – left, right)

Ramsey drills – Full or half court running

1. **Form running:** head steady, look straight ahead. Jaws and arms relaxed. Hands balled up but relaxed and not clenched.
2. **Knee Hugs:** Walk while pulling knees up to the chest. Baseline to half-court.
3. **Walking toe touches:** Walk while lifting legs straight-legged to shoulder height. Hands should be held straight ahead and shoulder height. Opposite toe should touch opposite hand.
4. **High Knees:** Jog while lifting knees chest high
5. **Quick Feet:** Jog while keeping the knees high, baseline to half-court.
6. **Heel Kicks:** Jog while having heels kicking your butt, baseline to half-court.
7. **Combine #6 and #4:** Start with heel kicks and change to high knee exercises, stride out - do diagonally full court.
8. **Lengthening Stride:** Lengthen your stride as far as you can going backwards full court.
9. **Grapevines:** Face the sidelines and run while alternating your legs in front and back. This helps warm up muscles in the hip girdle.
10. **Walking Lunges**

Agility Drills

Quick feet drills

1. Up and Back: quick jumps over a single line using both feet; 10 seconds/rest; 20 seconds/rest; 10 seconds/rest.
2. Jumping sideways across line as fast as you are able: Same work/rest ratio as above.
3. Jumping in and out of circle: Touch 4 outside spots of circle
4. Running and stepping on one side of the sideline and then to other side of halfcourt.

- Hop Scotch: Having 5 spots on the floor and jumping with both feet and then going to one foot.



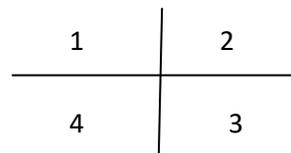
### Dot Drills

Using the numbered diagram above. There are 12 drills that can be performed with these dots. The numbers listed after each exercise represent (left foot, right foot) with parenthesis or both feet without parenthesis. Drills 1-6 are performed with both feet at the same time. Drills 7-12 may be performed using either both feet at a time or one foot at a time.

- Front/back combo (1,2),3,(4,5)
- Front/back combo with flip at mid: (1,2), 3 (4,5)
- Front/back combo with flip at end: (1,2), 3 (4,5)
- Foot fire top: 3, (4,5)
- Foot fire bottom: 3 (1,2)
- Hop Scotch: (1,2), 3 with one foot, (4,5)
- Half moon left: 1, 3, 4
- Half moon right: 2, 3, 5
- 4 – corner square: 1, 2, 5, 4
- Diamond top: 3, 4, 5
- Diamond bottom: 3, 2, 1
- Figure 8: 1, 3, 5, 4, 3, 2

### Agility 4 spot routine

The progression of the routine is as follows:



- Regular Jump: 50 times
- Side to side: 4 to 3 and back (50 times both feet)
- Up and back: 4 to 1 and back (50 times both feet)
- Boxer shuffle: 2 on right foot, 2 on left foot (50 times)
- Up and back on one foot: 4 to 1 and back (25 on right foot, 25 on left foot)
- Side to side on one foot: 4 to 3 (25 on right foot, 25 on left foot)
- Triangle (1-2-4) alternate; switch (2-1-3) – (50 times both feet)
- Four Square (2-4-1-3) – 50 times both feet.

**Note:** For the more advanced student, this routine can be performed with a jump rope. Jumping rope is a terrific exercise for enhancing and improving foot quickness. As the athlete becomes more and more comfortable jumping rope, the focus becomes quickness and how fast you can move your feet in concert with the rope. I want you to tell yourself that your feet are quick and fast.