



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Agility Ladder!

The focus of this activity is AGILITY. Agility is the ability to change directions quickly. Ready to improve your agility?! Click the activity link below to get moving and have fun:

Activity Link: <https://darebee.com/workouts/agility-ladder-workout.html>

Equipment Alternatives

- Don't have an agility ladder? No problem try creating one with chalk, or tape.

Activity Song

- Exercising is more fun with music, click the link below for an energy boost:
 - <https://www.youtube.com/watch?v=yss0SGzrUIY>

Goal Setting

- What exercise/activity can you do to increase your agility each day? Set a goal and make a plan, you and your body will be a winner!