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| **Agility Box** |
| Equipment: Any four items to make a square shapeSome small objects (for example, pens/pencils)Lots of socks. |
| How to play:Activity one is the agility box. Use any four items to make the corners of a square shape and stand in the middle. Ask somebody in your household to call out the names of each item randomly. Move to touch that item as quickly as you can then retreat back to the middle as soon as possible.**Watch the video -** <https://www.youtube.com/watch?v=gRRnI3vB1WI&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=13>Be as light as possible on your feet and move as quickly as you can whilst staying balanced. |
| Challenge: Activity 2 - To make this more difficult, when a corner item is called out, grab a small object and place it in that corner (see video demonstration). Activity 3 – Match those socks! See video demonstration.Space – To make the task easier: Use a smaller area and create a triangle instead of a square. To make it more difficult, use a larger space and a shape with more corners.Task – To make it easier do each corner in turn instead of randomly. Equipment – add more objects into activity 2 and more socks into activity 3!People – Can you do each activity in competition against somebody else form your household and see who can get the fastest time? |