**Athletics Activity Challenge (1)**

**Have fun and make sure you warm up, and also stretch before and after the activity.**

**AGILITY TEST**

**Instructions**

How fast can you complete this agility test? If you have a phone, stop watch or family member who is able to count and some cones you can set this easy course out in a small space.

**REMEMBER –** If you are attempting more than one test, take 2-3 minutes rest in between.

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