



**Planet  
Education**  
Inspiring lives through sport



**WORK HARD WEDNESDAY**

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## AGILITY RUN

PLACE 4 MARKERS 2M APART IN A  
ZIG ZAG LINE.  
HOW QUICKLY CAN YOU RUN IN AND  
OUT OF YOUR MARKERS 4 TIMES?

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**Suitable footwear & clothing**

**Safe & clear space**

**4 objects for markers**

**Ask someone to time you or use a stop watch.**

**Take a minute break before  
trying again to beat your record.**

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