



Fitness Heptathlon - Agility

10 YARDS – RUN/WALK/ROLL



EQUIPMENT NEEDED



Designated Markers

(You can use cones, chairs, or any large objects that will not move)



Measuring Tape

If you do not have measuring tape, take big steps. 1 Big Step = 1 Yard (0.9 Meters / 3 Feet)



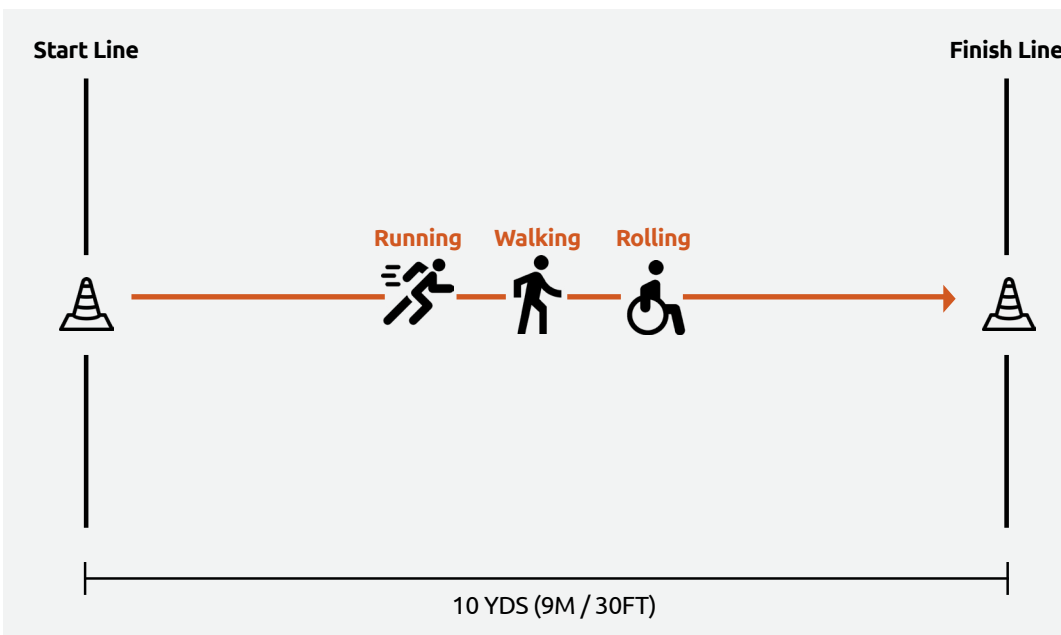
Timer

RULES

- 1 Create a start line and finish line 10 yards (9M / 30ft) apart
- 2 Use a timer to record how long it takes you to complete the distance
- 3 Mark your individual score on your scorecard

How fast can you run, walk, or roll 10 yards?

SETUP



Remember to take a picture or video of yourself competing in this event! Upload these when submitting your results and celebrate with other athletes online by posting them with the official hashtag:

#sowavirtualgames

Fitness Heptathlon Event Overview

INDIVIDUAL SKILLS - AGILITY

Special
Olympics
Washington





Fitness Heptathlon - Agility

10X10 BOX AGILITY TEST



EQUIPMENT NEEDED



Designated Markers

(You can use cones, chairs, or any large objects that will not move)



Measuring Tape

If you do not have measuring tape, take big steps. 1 Big Step = 1 Yard (0.9 Meters / 3 Feet)



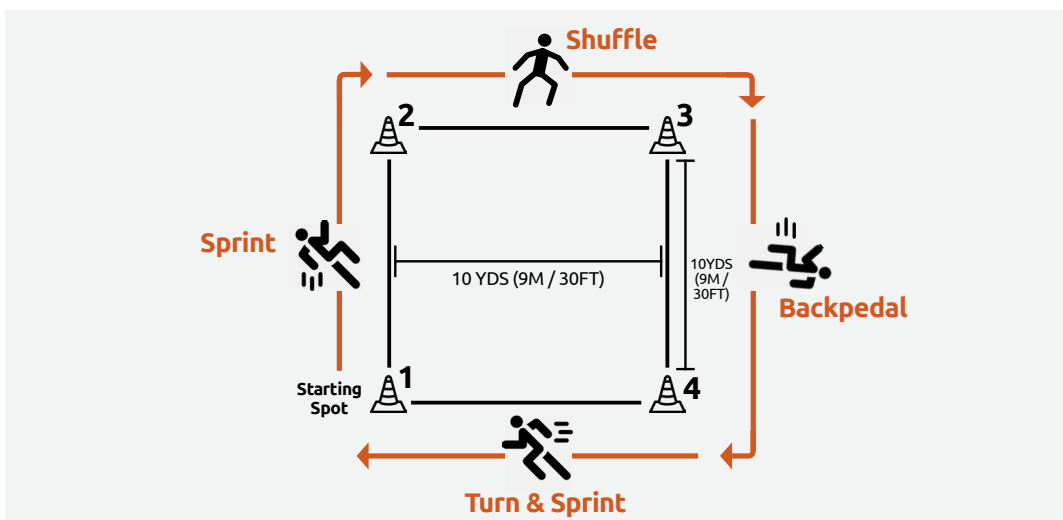
Timer

RULES

- 1 Create a square with designated markers 10 yards (9M / 30ft) apart.
- 2 Use a timer to record how long it takes you to complete the distance around the box.
- 3 Start at marker #1 and on "Ready, Set, Go!": sprint to marker #2.
- 4 Turn and shuffle to marker #3. Then, turn and backpedal to marker #4.
- 5 Then, turn and sprint to marker #1.
- 6 Mark your score on your scorecard.

How fast can you complete the box agility test?

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