



## **Speed/Agility**



Whether you are jumping rope in PE class, jumping to catch a ball at recess or jumping over cracks in the sidewalk, jumping is an activity that you do everyday. Even though our bodies can jump without us having to think about it, jumping uses nearly every muscle in your body. The following Active@Home™ cards will introduce you to jumping activities that will strengthen your muscles, improve your balance, make you sweat, and will be sure to leave you jumping for joy!

**@Home**  
**Equipment Substitution**

- **Tape lines on the floor**
- **Use socks as dividers**

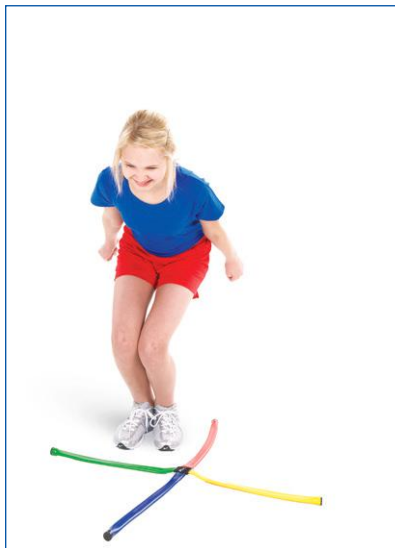
# ***Plyometric Training***

**Plyometric (or plyo for short) training is a type of exercise used to help develop quick and powerful movements. Whether it is jumping up to spike a volleyball, avoiding a tackle in football or playing defense in basketball, plyometric training is used by all athletes to help improve their performance. The same exercises will also help you as you play tag at recess or jump to knock the tetherball back at your opponent. The following activities will use a combination of jumping, running and foot speed to help you develop faster and more powerful movements. These movements will help develop better agility, improve your reaction time and give your body a great workout. Concentrate first on learning the activity. Once you are comfortable with the activity, increase your speed and challenge yourself to go faster or longer each time.**

## **Tips and Reminders:**

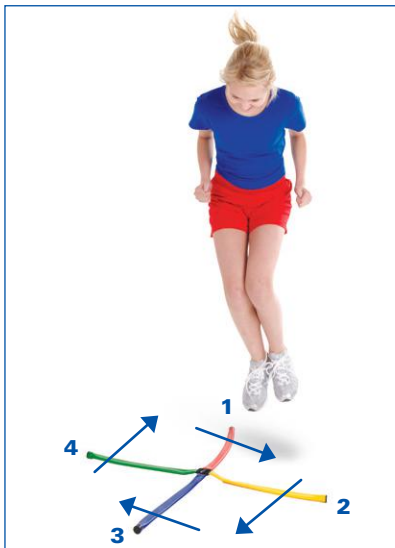
1. Only wear proper fitting athletic shoes while exercising. Do not practice the X-Zone™ with bare feet or sandals.
2. It's always a good idea to stretch your legs, arms and body prior to exercising. Before starting take 5 minutes to stretch your muscles.

## Color Jumps



**1.** Stand between two colors with your feet close together, knees slightly bent and your back straight.

**2.** Facing the same direction, jump with both feet over each color arm of the plyo trainer until you are back at your starting position.



**Challenge:** Complete 20 jumps around the plyo trainer, then switch direction and complete 20 more in the opposite direction.

**Harder Challenge:** Jump as high as you can over each color, bending down and using your entire body before each jump.

## Line Jumps



**1.** Stand with a foot on each side of a color arm, with knees slightly bent and your back straight.

**2.** Facing the center of the XZone™ jump with both feet to the next colored arm, landing with a foot on each side. Repeat this in the same direction until you are back at the color you started at. Always remain facing the center.

**Challenge:** Complete 20 jumps around the plyo trainer, then switch direction and complete 20 more jumps.

**Harder Challenge:** Have a partner say one of the colors on the XZone™ trainer. When that color is called you must jump so that your feet are on each side of that color and your body is facing the center. The more colors they call the more you jump!

## Color Runs



**1.** Stand between two colors with your feet close together, knees slightly bent and back straight.

**2.** Run in place for 5 seconds and then jump over a color arm. Run in place again for 5 seconds before jumping over the next colored arm. Continue to face the same direction as you make your way around to where you started.

**Challenge:** Complete 5 courses around the plyo trainer.

**Harder Challenge:** Run for 15 seconds every time before jumping over each color arm.

## Lateral Quick Feet



**1.** Stand with a foot on each side of a color arm, with knees slightly bent and back straight.

**2.** Step with your right foot over the color arm behind it and then repeat with your left foot.

**3.** Step with your left foot over the color arm in front and repeat with your right as you return to your starting position.



**Challenge:** Do the Lateral Quick Feet for 20 seconds.

**Harder Challenge:** Do the Lateral Quick Feet with 'high knees'; lifting your knees up above your waist with each step.

# Twister



**1.** Stand with each foot in opposite squares of the XZone™, with knees slightly bent and your back straight.

**2.** Jump with both feet and land with each foot in the two opposite squares.

**3.** Jump with both feet back to your starting position.

**Challenge:** Complete 20 Twister jumps.

**Harder Challenge:** Speed it up!  
How many twister jumps can you do in 20 seconds?

## Single-Leg Hops



**1.** Stand between two colors on one foot, with knee slightly bent and your back straight.

**2.** Facing the same direction, jump on one foot over each color arm of the plyo trainer until you are back to your starting position.

**Challenge:** Complete 4 courses around the XZone™ trainer, then switch feet and complete 4 more courses.

**Harder Challenge:** Bend down and touch the ground with one hand between each jump.