

AGILITY CHALLENGE

Watch this activity demo on  YouTube 

The Goal:

Perform 1 minute of an agility exercise to help you learn how to think on your feet, be able to adapt to new situations, and be flexible with change.

What You Need:

St. Jude Heroes Jr. video ([link here](#)), a safe place to move and be active

How To Play:

- Watch the [St. Jude Heroes Jr. video](#) and hear Gayatri's story.
- Choose 1 of 3 agility exercises (Jumping Jacks, Frog Jumps, or Fast Feet).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When you're finished, Mark the St. Jude Agility Challenge complete on your scorecard.



in support of

