

RESOURCES



Cones or suitable markers



Measuring tape



Suitable space large enough for the candidate to turn and have run-off space at the finish



Wear suitable footwear and practical clothing



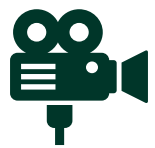
Stopwatch/timer

Athletic Test

ILLINOIS AGILITY TEST

Objective – to complete the course as quickly as possible

[CLICK HERE](#)



Please film it with the candidate in full shot and unedited (once only)



Standing start from the left



Start - Use the term 'on your marks, go' and start the stopwatch on 'go'



Stop the timer as soon as the candidate crosses the finish



Show the time it has been completed in to the camera (must be a clear image)

GENERAL GUIDANCE



SURBITON

HIGH SCHOOL

ILLINOIS AGILITY TEST

