

Hexagon Agility Test

PERSONAL INFORMATION

Name: _____ Age: _____

Date: _____ dd / mm / yyyy Examiner: _____

Test setup Hexagon dimensions: Each side measures 24 inches (60.96 cm) Equipment needed: Floor marking tape, stopwatch

Test procedure Have the examinee stand with both feet together at the center of the hexagon. Start the stopwatch, and at the same moment, have them jump with both feet over each line of the hexagon, each time returning to the center and continuing clockwise. Have the examinee complete three circuits as quickly as possible. Record the time. Conduct two trials per session.

RESULTS

Trial 1 time: _____ Trial 2 time: _____

Best time: _____

Assessment Compare recorded times against normative data tables to determine agility rating (poor, below average, above average, excellent), categorized by gender and age.

Examinee agility rating: _____

EXAMINER OBSERVATIONS

Notes on examinee's form and quickness:

Recommendations for improvement:

SIGNATURE

Signature: _____

Date: _____ dd / mm / yyyy