



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

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Shuttle Runs

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Overview: This is a classic test of speed and stamina that's guaranteed to have every child who plays it exhausted!

Time: 10 minutes.

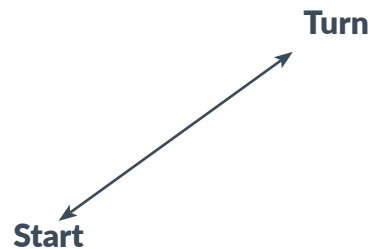
Equipment required: An open space, clock or watch, markers to use as a line at each end.

Benefits:

- Builds loads of stamina.
- Test's children's ability to pace themselves, balancing stamina and speed.
- Quick to set up and play but easy to adjust and repeat.

Preparing:

1. Find an open space, ideally outdoors. Mark out two points on the floor, no more than 10m apart. These will act as the start and finish point for each run.
2. The aim is to see how many times they can go between the start marker to the end and back.
3. Every time they return to the start, they get one point.



Playing:

1. Start by having the players run to the end and back twice, so they understand what's involved.
2. For their first attempt, use a 60 second timer. You can always increase or decrease this if you need to.
3. For variation, challenge them to skip, hop or crawl the distance.
4. Record their best number of laps in the time given, then try again another day to see if they can improve.
5. Remind them to pace themselves - they don't want to get too tired at the start!