Shuttle Run[1]

This activity measures speed and agility.

Testing

Here's what you do:

- Mark two parallel lines 30 feet apart and place two blocks of wood or similar objects behind one of the lines.
- Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places the block behind the line, runs back and picks up the second block, and runs back across starting line.

Tips

Be sure the participants understand the importance of running through the finish line. Participants should perform this activity on a gym floor or other favorable surface.

Scoring

Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

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[1] https://www.presidentschallenge.org/challenge/physical/activities/shuttle-run.shtml