

SHUTTLE RUN

This game will help children to develop their agility

EQUIPMENT:

- Two markers – you could use a cone, a shoe, a bottle
- A Timer

HOW TO PLAY:

Each person get 30 seconds to run round the cone and back (1 lap) as many times as they can. They must run round the cone for the lap to count, and if they get over halfway when the 30 secs is up, the lap counts.



MAKE IT EASIER:

Bring the markers closer together
Given the person more time

MAKE IT MORE OF A CHALLENGE:

Make the markers further
Think of different ways they can travel e.g. side steps, backwards running, skipping

SCORING:

One point is scored for each lap (there and back).
Make this a personal challenge by trying to beat your score each time or making it harder!

RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:				
Date	Score 1	Score 2	Score 3	Average



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HOW TO SCORE:

One point is scored for each lap (there and back).

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Score 1	Score 2	Score 3	Average
1					
2					
3					
4					
5					
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11					
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