



# On SPARKfamily.org

## 2. Shuttle Run

### Objective

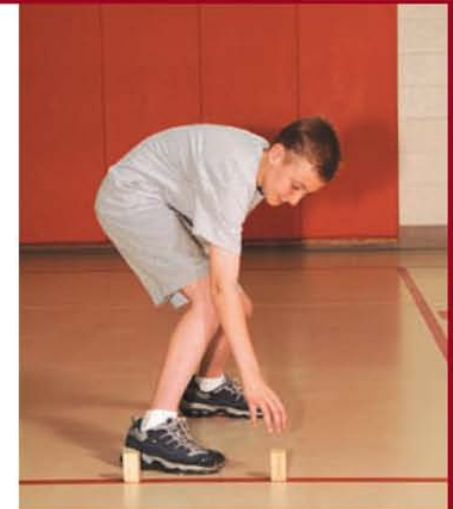
To measure speed and agility.

### Testing

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") 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.

### Scoring

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



The President's Challenge is a program of the President's Council on Physical Fitness and Sports, U.S. Department of Health and Human Services. All President's Challenge Materials were produced by the President's Council on Physical Fitness and Sport and then modified for online delivery by the SPARK Programs.