

#staysafe #staystrong #brainandbody

HATHERN CE PRIMARY SCHOOL : 30 DAYS OF FITNESS CHALLENGE

Do It Yourself! Shuttle Run Beep Test

1) Measure your area (You can guesstimate using these guidelines):

NOSE TO FINGER TIP: The distance between your nose and fingertip when your arm is extended in front of you is approximately

KS1: $\frac{1}{2}$ Yard (18 inches, almost half a metre)

KS2: 1 Yard (36 inches almost 1 metre)

Or **1 FULL STRIDE:** This is called a pace. It's how the romans used to measure!

KS1: 38 inches (almost 1 metre)

KS2: 58 inches (almost 1.5 metres)

2) Measure your shuttle run distance

(Your Shuttle runs need to follow these guidelines)

We run 15m to the 20m beep test in school. If you have a 15 metre space, fantastic! If not, no worries. We can calculate your required shuttle runs. You'll run more shuttles but the same distance as a 15m space.

15m, 10m, and 5m breaks our distance into 3's (thanks Mrs Staples!)

So if your distance is 5m less, you need to do 3 extra shuttle runs, 10m less 6 extra shuttles.

LEVEL	SHUTTLES (RUNS)			TIME (SECONDS PER SHUTTLE)	TOTAL TIME (IN SECONDS)
	15M	10M	5M		
1	7	10	13	9	63
2	8	11	14	8	64
3		11		8	61
4		12		7	65
5			15	7	62
6			16	7	65
7		13		6	62
8	11			6	66
9		14		6	63
10			17	6	61
11	12			5	65
12		15		5	62
13			19	5	65
14		16		5	63
15	13			5	61

Write down your score on your 30 Days of Fitness Sheet and try and beat it next time!

Good Luck

And Don't Forget to Wash Your Hands after!