



Physical Activity Endurance Challenge – Shuttle Run

The purpose of the Physical Activity Endurance Challenge is to measure youths' endurance, encourage physical activity, goal setting, and sustaining a healthy life. Endurance will be measured through the **Shuttle Run**. The Challenge will give youth the opportunity to practice goal setting skills by striving to improve their run time while increasing daily physical activity during T.R.A.I.L. implementation.

When to Implement

The Physical Activity Endurance Challenge must be implemented following **odd-numbered chapters** of the T.R.A.I.L. curriculum (i.e. chapters 1, 3, 5, 7, 9, and 11). If chapters are taught over multiple days/sessions then youth should be introduced to the challenge on the first day the chapter is taught and tested on the last day the chapter is taught. The T.R.A.I.L. Coordinator should encourage youth to practice to improve their skills, though practice is not required.

Materials Needed

- Stopwatch
- Cones or similar markers (can use lines if on a field or in a gymnasium)
- Non-slip surface
- Yard stick or measurement tape
- Paper and pen/pencil to record results

Instructions

1. Two cones (or similar markers) are needed to mark the beginning and the end of the shuttle run. First, place one cone on a non-slip surface. Use your measuring device to measure 15 yards away from the first cone (or starting line). Place the second cone at the 15 yard point.

** A high school basketball court is 84 feet long. 42 feet would be half court which is 14 yards. Add one additional yard (3 feet) from this point so that participants will cover the full distance.*

2. Participants will begin at the starting cone (or line). Other participants will be at a safe distance behind the cone or off to the side to avoid collisions and injuries.

3. While being timed, the T.R.A.I.L. participant will run to the second cone, touch the second cone (or line), run back touch the first cone. This process will then be repeated until the participant has reached 5 repetitions. On the last repetition they do not have to touch the cone on the way back. They will just need to finish through the line (starting point). **(One repetition = each time the participant reaches the line or cone in which they started.)** This run will be recorded in **seconds**.

4. Repeat the test for each youth and record the results.

**Consider turning this challenge into a race by having more than one youth testing at the same time. Make sure to have a trusted volunteer for each additional youth that is testing simultaneously in order to record accurate times.*