



Leeds Well School Partnership
Physical Activity • Physical Education • Sport

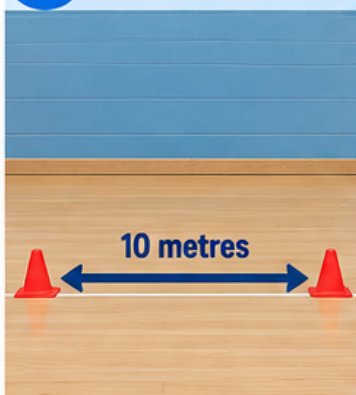
10 m Shuttle Run

Technique and How to Measure

*Be Active
Be Your Best!*

The 10 metre shuttle run tests how many times you can run 10 metres (there and back) in a set time (usually 30 seconds).

1 Set up



Place two cones 10 metres apart on a flat, non-slip surface. Make sure there is enough space and it is safe.

2 Start position



Stand behind the start line. Be ready to run on the signal "Go".

3 Run to the other cone



Run as quickly as possible to the cone 10 metres away.

4 Touch and turn



Touch the cone with your hand, turn and run back as quickly as possible.

5 Keep going



Continue running between the cones for the full time (usually 30 seconds), touching each cone and turning every time.

6 Count the score



An adult or partner counts how many shuttles (there and back) you complete in the time. Record your score.

**1 shuttle = 2 lengths
(20 metres)**



Top Tips

- Run at a steady, quick pace.
- Make sure you touch the cone.
- Keep turning low and balanced.
- Don't slow down – keep going for the full time.
- Try to beat your personal best!

MORE PEOPLE MORE ACTIVE



Key Points

- ✓ Cones are 10 metres apart.
- ✓ Start behind the line.
- ✓ Touch the cone with your hand each time.
- ✓ Keep running for the full time (usually 30 seconds).
- ✓ Count the number of complete shuttles (there and back).
- ✓ 1 shuttle = 2 lengths (20 metres).
- ✓ Be honest, fair and encouraging!



Why it Matters

The 10 m shuttle run helps to develop:

- ✓ Cardiovascular fitness
- ✓ Speed and endurance
- ✓ Agility
- ✓ Coordination
- ✓ Stamina

It's a great way to challenge yourself and see how much you can improve!

**STRONGER
HAPPIER
HEALTHIER**