



Led by Bronze Ambassadors

Shuttle Runs

Year 3

Bronze

Level 1—Run between 1 cone (30 seconds) How many can you do?

Level 2—Run between 1 cone (25 seconds) How many can you do?

Level 3—Run between 1 cone (20 seconds) How many can you do?

Equipment

- ◊ Cones
- ◊ Timer



Rules

- ◊ Bronze Ambassadors will time you
- ◊ To touch the cone between each run
- ◊ Bronze Ambassadors will count how many runs you complete
- ◊ Try to beat your last run

What can you achieve?



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Year 4

Silver

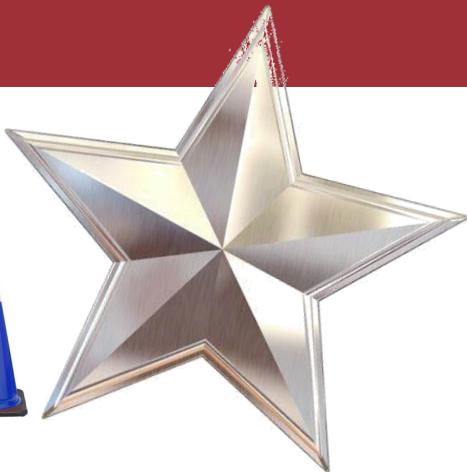
Level 1–2 jumps over a cone then run between 2 cones (30 seconds)

Level 2–4 jumps over a cone then run between 2 cones (25 seconds)

Level 3–6 jumps over a cone then run between 2 cones (20 seconds)

Equipment

- ◊ Cones
- ◊ Timer



Rules

- ◊ Bronze Ambassadors will time you
- ◊ To clear the cone for each jump
- ◊ To touch the cone between each run
- ◊ Bronze Ambassadors will count how many runs you complete
- ◊ Try to beat your last run

What can you achieve?



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Year 5

Gold

Level 1—Zig-zag runs between cones (30 seconds) How many can you do?

Level 2—Zig-zag runs between cones (25 seconds) How many can you do?

Level 3—Zig-zag runs between cones (20 seconds) How many can you do?

Equipment

- ◊ Cones
- ◊ Timer



Rules

- ◊ Bronze Ambassadors will time you
- ◊ To run around each cone within the zig-zag
- ◊ To touch each cone at the end
- ◊ Bronze Ambassadors will count how many runs you complete
- ◊ Try to beat your last run

What can you achieve?



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Year 6

Platinum

Level 1—Zig-zag runs between cones and 2 jumps at the end cone (30 seconds) How many can you do?

Level 2—Zig-zag runs between cones and 2 jumps at the end cone (25 seconds) How many can you do?

Level 3—Zig-zag runs between cones and 2 jumps at the end cone (20 seconds) How many can you do?

Equipment

- ◊ Cones
- ◊ Timer



Rules

- ◊ Bronze Ambassadors will time you
- ◊ To run around each cone within the zig-zag
- ◊ To clear the cone when jumping over
- ◊ To touch each cone at the end
- ◊ Bronze Ambassadors will count how many runs you complete
- ◊ Try to beat your last run

What can you achieve?