**Title: Shuttle Run Test**

**Type:** Athletics

**Lesson Goal:** Test your endurance



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| **Instruction** | **Differentiation options** | **Extra info** |
| **Learning goals** You are able to:* Get the highest score you can, within the rules of the shuttle run test;
* Touch the (yellow?) line before the beep

 Explanation of the 20 meter shuttle-run-testMostly you walk in two groups depending on class size and space available.The gym you are running in got to have two coloured lines just outside the volleyball field. You have to try to get across the gym and reach the other side before you hear the beep. You always have to touch the black line. You are allowed to be at the other side of the gym way before the beep but I’ll cost you energy you’ll need later during the test and you are not allowed to start running back before the beep sounds. A voice on the cd will tell you what step you have reached. When you are two times late in a row, you are out and the final step you van heard will form your mark.  | Afbeelding met shoji  Automatisch gegenereerde beschrijvingAfbeelding met shoji  Automatisch gegenereerde beschrijving |  |
| **Field set-up:** |
| **Link to support/assessment document** |

**Additional pages if necessary:**

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