

## The ABI Challenge Assessment

### 10. MODIFIED SHUTTLE RUN

- 0 Unable to complete the course or does in  $> 27$  seconds but with error(s)
- 1 Completes the course without error in  $> 27$  seconds, OR does in  $\leq 27$  seconds but misses touching the start line at least two times
- 2 Completes the course without error in 22 to 27 seconds, OR does in  $< 22$  seconds but misses touching the start line one time
- 3 Completes the course in  $< 22$  seconds without error\*
- 4 Completes the course in  $< 20$  seconds without error\*

Item: Participant runs (walks fast) along the 10m path, picks up a beanbag at the end of the course, and runs back to place the beanbag in a basket at the starting point. \*\* Participant must touch the starting line with their foot each time they return to the basket. Participant will repeat this three times until all the beanbags are in the basket at the starting point. If the bean bag does not go in the basket the participant must pick it up and place it in the basket. **Timing stops as soon as child puts the third beanbag in the basket and touches start line with their foot. The order of the beanbag deposit and line touch does not matter. Which ever happens last is when the timing should be stopped.**