



How does activity affect me?



Exercise



Shuttle															
Level 1	1	2	3	4	5	6	7								
Level 2	1	2	3	4	5	6	7	8							
Level 3	1	2	3	4	5	6	7	8							
Level 4	1	2	3	4	5	6	7	8	9						
Level 5	1	2	3	4	5	6	7	8	9						
Level 6	1	2	3	4	5	6	7	8	9	10					
Level 7	1	2	3	4	5	6	7	8	9	10					
Level 8	1	2	3	4	5	6	7	8	9	10	11				
Level 9	1	2	3	4	5	6	7	8	9	10	11				
Level 10	1	2	3	4	5	6	7	8	9	10	11				
Level 11	1	2	3	4	5	6	7	8	9	10	11	12			
Level 12	1	2	3	4	5	6	7	8	9	10	11	12			
Level 13	1	2	3	4	5	6	7	8	9	10	11	12	13		
Level 14	1	2	3	4	5	6	7	8	9	10	11	12	13		
Level 15	1	2	3	4	5	6	7	8	9	10	11	12	13		
Level 16	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Level 17	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Level 18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Level 19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Level 20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Level 21	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Important!



Tick a box each time your runner completes a shuttle run, mark a cross if they fail.

If your runner gets two crosses in a row they are out - record their final score at the bottom.

Let them know when they are out!

Runner First Name	Final Score	
	Level	Shuttle



Student Recording Sheet

	BEFORE EXERCISE						AFTER EXERCISE						
	How do I feel?	How awake do I feel	Stroop Test				How do I feel?	How awake do I feel	Stroop Test				Change in the average time taken to do the Stroop test
Exercise type			Time One	Time Two	Time Three	Average Time			Time One	Time Two	Time Tree	Average Time	
Control													
Bleep													
Own Pace													



Student Recording Sheet

	BEFORE EXERCISE						AFTER EXERCISE						
Exercise type	How do I feel?	How awake do I feel?	Object Memory Test				How do I feel?	How awake do I feel?	Object Memory Test				Change in the average number of objects remembered
			Number of objects remembered						Number of objects remembered				
			Attempt One	Attempt Two	Attempt Three	Average Number			Attempt One	Attempt Two	Attempt Three	Average Number	
Control Activity													
Bleep Test													
Own Pace													



How do you think the exercise affected your body?

How do you think the exercise affected how you feel?

How do you think the exercise affected your levels of concentration in class?

Which type of activity did you prefer?

Which type of exercise do you think was most beneficial for you?

