

# RUNNING

Rith



Target Pupil								Comments
Head up, eyes forward		Head						
L Shape arms Elbows bent at 90 degrees		Arms						
Hip to lip Drive arms backwards and forwards without crossing the body's midline								
High knees lift with the thigh parallel to the ground		Legs						
Kick back close to the buttocks (at least 90 degrees)								
Balls of feet Landing on the balls of the feet								
Body Upright and steady		Trunk						

<b>Hints</b>	<b>What instructions should I give?</b> Run as fast as you can.	<b>From where should I observe this skill?</b> The side for the arm swing and leg lift and knee bend. The front for the feet, head, eyes and arms not crossing the body's midline.	<b>What equipment do I need?</b> Cones, whistle.