

RUNNING

Rith










| | EXPLORATION | DEVELOPING | MASTERING |
|--------|--|--|--|
| Legs | <ul style="list-style-type: none">• Knee lift and kick back is limited. | <ul style="list-style-type: none">• Knee lift is higher but not yet parallel.• The back leg is extended to push off and give more momentum. | <ul style="list-style-type: none">• The stride is a good length.• A high knee lift and leg kickback is evident.• Feet land along a narrow pathway. |
| Arms | <ul style="list-style-type: none">• Arm swing is wild and away from the body, with 90 degrees not being maintained at the elbow. | <ul style="list-style-type: none">• Arms swing increases, is closer to the body and is more in tune with leg movement. | <ul style="list-style-type: none">• Arms and legs are in rhythm. |
| Flight | <ul style="list-style-type: none">• There is no obvious flight phase. | <ul style="list-style-type: none">• There is a limited flight phase. | <ul style="list-style-type: none">• There is an obvious flight phase. |
| Head | <ul style="list-style-type: none">• The head is unstable. | | <ul style="list-style-type: none">• The head is stable. |

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| 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 | | | | | | | |

| | | | |
|--------------|--|---|---|
| Hints | What instructions should I give? Run as fast as you can. | From where should I observe this skill? 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. | What equipment do I need? Cones, whistle. |
|--------------|--|---|---|

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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Running**



Looks good



Needs more practice

My partner needs to:

It:

1 Land on the balls of their feet



2 Run with high knees



3 Keep their eyes looking forward



4 Bend their elbows like this



Pupil's Comments:

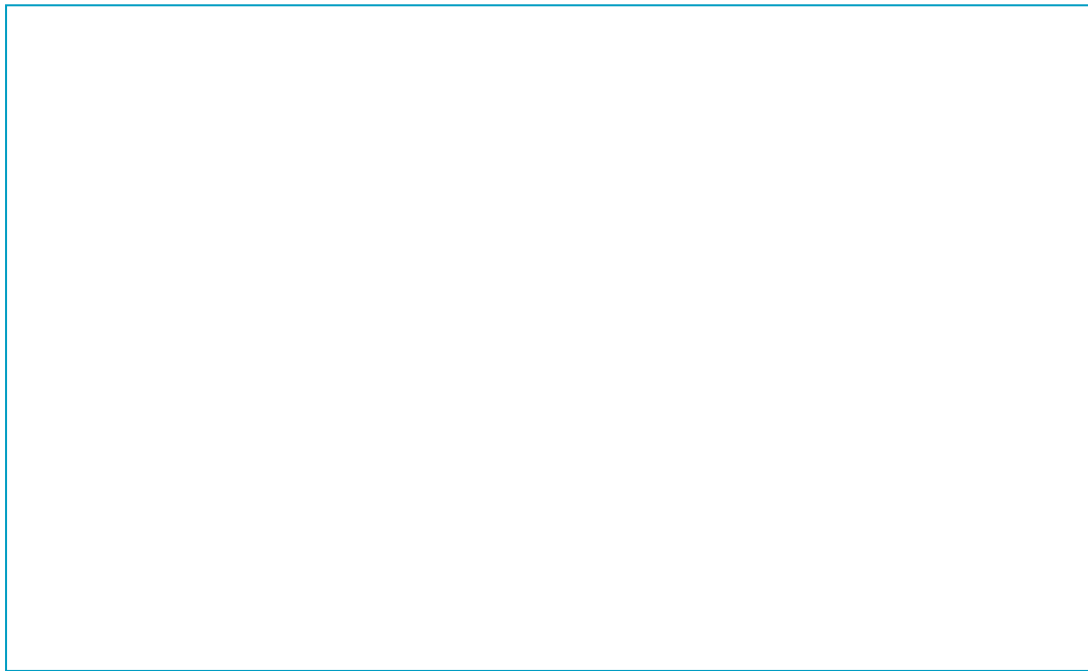
Teacher's Comments:

SELF-ASSESSMENT FOR INFANT CLASSES

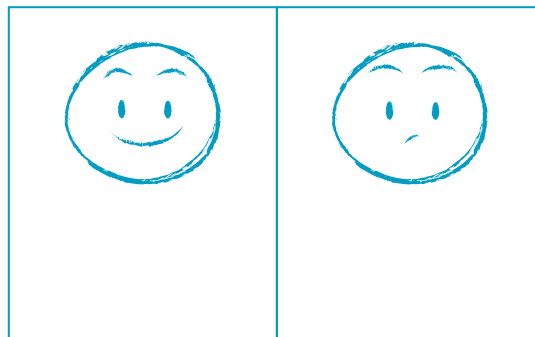
My name is:

Date:

Here is a picture of me running.

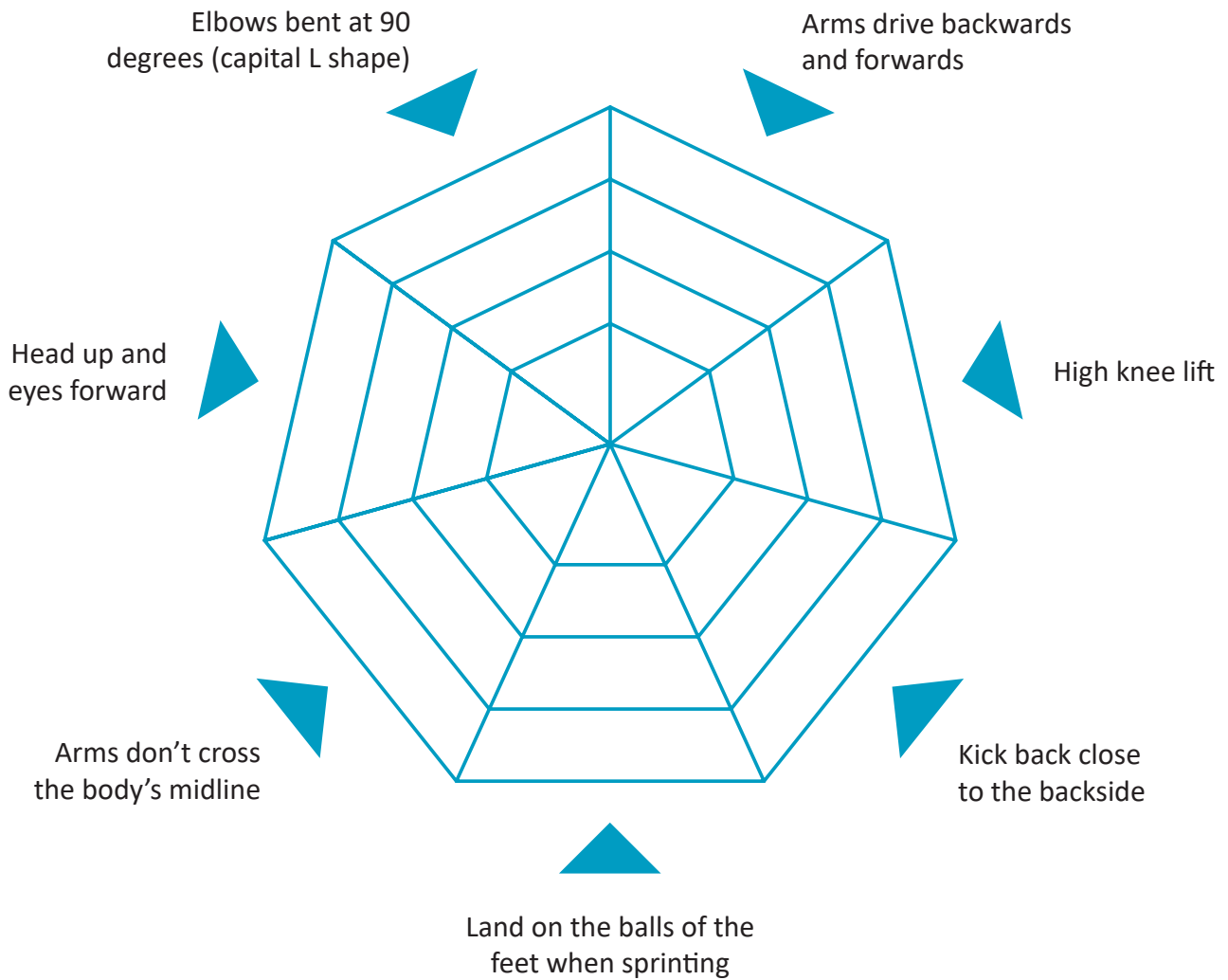


How did this activity make you feel?



Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

Pupil's Comments:
While attempting this skill, I felt:

Teacher's Comments:

Rate your effort level:
Light Moderate Vigorous

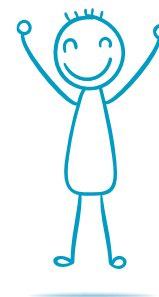
PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

Teacher's Comments: