

Spar Lancashire School Games

Learn!

Skill 4: Running Fast

Equipment needed: 5 x Small toys, Start and finish markers (use any household object)

Aim: To develop the skill of running and improve technique

Task 1: Complete the below activity with your arms by your side

Task 2: Complete it again but this time use your arms.
Did you run slower or faster when you used your arms?



Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Activity	How to Play
	<ul style="list-style-type: none"> Take 10 big steps forward to set your finish marker Line up 5 small toys at the finish marker Run from the start to the finish marker but keep your arms by your side and collect the toys one at a time leave each one at the start marker Run back to collect the next toy until all toys have been collected How long did it take? Try it again but this time use your arms, swing in opposite direction to legs How long did it take this time? Do you run faster or slower when you use your arms?

Points to help improve running

Head still and look forward/lean forward
Lift your knees
Swing arms in opposite direction to legs
Push off with balls of your feet
Elbow bent at 90 degrees
Bring your heel close to your bottom

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):