

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](#):