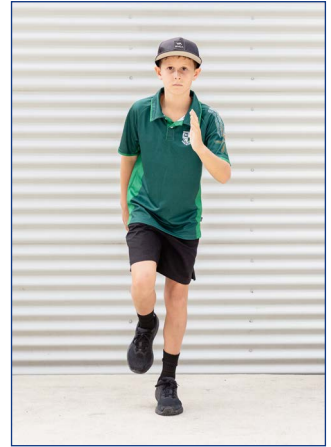


Sprint run



Skill components

(Introductory components marked in **bold**)

1. **Head and upper body stable, eyes focused forward.**
2. **High knee lift (thigh almost parallel to the ground).**
3. Elbows bent at 90 degrees.
4. **Arms drive forward and back in opposition to the legs.**
5. Lands on ball of the foot.
6. Non-support knee bends at least 90 degrees during the recovery phase.

Teaching cues

- Hip to lip – your arms are bent and move from your hip to your lip.
- Eyes up and look straight ahead.
- High knees.
- Land on the front (ball) of the foot.
- Run along an imaginary line.

Common errors

- Landing flat footed or on heels.
- Limited knee lift.
- Looking down at the ground.
- Arms going across the middle of the body.
- Excessive body lean.



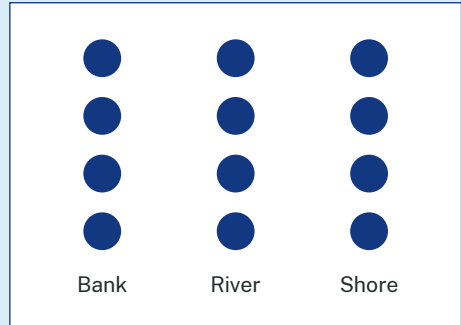
Game:

Bank, river, shore



Set-up

- Using the markers, divide the playing area with three lines; 'bank', 'river' and 'shore'.



Equipment

- Cones or markers

How to play

- Students start the game lined up on the 'bank' line.
- The teacher calls 'bank', 'river' or 'shore'.
- Students sprint run to the corresponding line as fast as possible.

Variations

Make it easier

- Move the markers to make the lines closer together.

Make it harder

- Change the starting positions such as standing on one leg or crouching down.
- Ask students to try different movements when they arrive at the destination such as hopping, tuck jumps or star jumps.