

Run



Run

Running is an extension of walking, except there is a flight phase when both feet are momentarily off the ground.

Method

The child should keep their head and body steady, with eyes facing straight ahead. Their arms should move vigorously forward and backward with their elbows bent at a 90° angle. Keeping their knees high and feet close to the buttocks will increase their stride length and speed.

Things to Try – Teaching Through Visual Imagery

- Ask children to pretend to be fast moving or bouncy animals such as a rabbit, dog or kangaroo.
- Ask children to pull their feet off the ground as if they are on hot sand or freezing cold ice. Teach them to pull, not push their feet off the ground.
- Ask them to pretend to be a thin tree leaning in to the wind. This will help them to develop the correct forward stance.
- They can imagine that their arms are branches, bending their elbows at a 90° angle and moving them forward and backwards.
- Tell children to bend their knees and move their arms forwards and backwards like marching soldiers.
- Allow children to start by running downhill; gravity will help their momentum.
- Play chasing games so that practising running is fun.