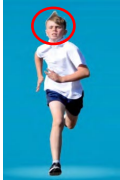







Name: _____

Block: _____

Peer Assessment: Running

- Watch your partner's running technique and assess them on the criteria listed below:

Running Cue	Image	Looks Good	Needs More Practice
<p>Holds their head up, stable and eyes looking forward</p>			
<p>Bends their elbows at 90°</p>			
<p>Drive arms backwards and forwards vigorously in opposition to the legs. Ensure arms stay close to the body, 90° remains at the elbow and the drive comes from the shoulders</p>			
<p>High knee lift with the thigh almost parallel to the ground</p>			
<p>The kick back should be close to the buttocks (at least 90°)</p>			
<p>Push off from the ball of the foot and land on the heel of the foot initially, however, when the run speed increases contact will be made predominantly with the ball of the foot only</p>			
<p>Lean slightly forward when accelerating and slightly backwards when slowing down</p>	