

TEACHING POINTS FOR RUNNING



Hold the head up,
stable and eyes
looking forward



Elbows bent at
90 degrees



Drive arms backwards
and forwards vigorously
in opposition to the legs.
Ensure arms stay close to
the body, 90 degree angle
remains at the elbow and
the drive comes from the
shoulders



High knee lift with the
thigh almost parallel to
the ground

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The kick back should be close to the buttocks (at least 90 degrees)



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



Lean slightly forward when accelerating and slightly backwards when slowing down



Introducing the skill of running

Try to run...	Effective questions
• tall like a giraffe without bending your knees	<i>What position should your body be in?</i>
• small like a pixie bent over at the waist	
• without moving your arms	<i>Try to make an L with your arms - is it possible?</i>
• looking at the sky/looking at the ground	<i>Where should you look?</i>
• on your tiptoes/flat footed	<i>How should you land/take off?</i>
• forwards/backwards	<i>If running backwards look over shoulder</i>
• as fast as you can on the spot	<i>What are arms and knees doing?</i>
• along a different path to everyone else	
• for as long as you can	<i>What happens to technique when you - get tired or get competitive?</i>
• as fast as you can	
• in front of/behind a partner	
• holding hands	
• using all the correct technique outlined	Let's put it all together!



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

TEACHER OBSERVATION

Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Eyes looking down or head moving from side to side	Head up, look forward, no wobbly head movements
Excessive rotation of the trunk	Ensure your chest is facing forward, breaking the finish line tape
Arms swinging wildly out from, or across the body	Keep your arms L-shaped, close to your body, pump backwards and forwards
Not lifting the knee high enough resulting in a shortened stride	Encourage longer strides, 'knee up, extend your foot out, down'
Leaning too far forward when running	Run tall, head up, chest out
Eyes looking at the ground or feet	Head up, eyes forward
Legs too far apart and flat footed	Run a narrow pathway, follow an imaginary line

Running Rubric

	Exploring	Developing	Mastering
Legs	<ul style="list-style-type: none"> • Knee lift and kick back is limited 	<ul style="list-style-type: none"> • Knee lift is higher but not yet parallel • Back leg is extended to push off and give more momentum 	<ul style="list-style-type: none"> • Stride is a good length • High knee lift and leg kickback is evident • Feet land along a narrow pathway
Arms	<ul style="list-style-type: none"> • Arm swing is wild and away from the body, with 90 degrees not being maintained at the elbow 	<ul style="list-style-type: none"> • Arm swing increases, is closer to the body and is more in tune with leg movement 	<ul style="list-style-type: none"> • Arms and legs are in rhythm
Flight	<ul style="list-style-type: none"> • No obvious flight phase 	<ul style="list-style-type: none"> • Limited flight phase 	<ul style="list-style-type: none"> • Obvious flight phase
Head	<ul style="list-style-type: none"> • Head is unstable 		<ul style="list-style-type: none"> • Head is stable

IDENTIFYING THE STAGES OF DEVELOPMENT

Exploring Stage

Tréimhse taisceálaíochta



At this stage, pupils enjoy exploring different speeds of running, in a variety of directions and on various levels. Characteristics of running at the exploring stage:

- knee lift and kick back is limited
- arm swing is wild and away from the body, with 90 degrees not being maintained at the elbow
- no obvious flight phase
- head is unstable.

Developing stage

Tréimhse forbraíochta



At this stage, pupils practise running efficiently at different speeds in different directions. The skill is applied to a variety of mini games and activities.

Characteristics of running at the developing stage:

- knee lift is higher but not yet parallel. Back leg is extended to push off and give more momentum
- arm swing increases, is closer to the body and is more in tune with leg movement
- limited flight phase.

Mastering stage

Tréimhse Máistríthe



At this stage, pupils are running with efficient technique and applying the skill in a variety of contexts such as, running for a sustained period of time, sprinting, engaging in dodging and evading activities and applying the skill naturally in a sporting context. Characteristics of running at the mastering stage:

- stride is a good length, arms and legs are in rhythm and head is stable
- high knee lift and leg kickback is evident
- obvious flight phase
- feet land along a narrow pathway.