## **TEACHING POINTS FOR RUNNING**



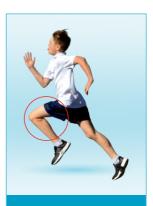
Hold the head up, stable and eyes looking forward



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

## **TEACHING POINTS FOR RUNNING**



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



Lean slightly forward when accelerating and slightly backwards when slowing down



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

## THE MOVEMENT INSPECTOR



#### Introducing the skill of running

Try to run	Effective questions	
tall like a giraffe without bending your knees	What position should your body be in?	
small like a pixie bent over at the waist		
without moving your arms	Try to make an L with your arms - is it possible?	
• looking at the sky/looking at the ground	Where should you look?	
on your tiptoes/flat footed	How should you land/take off?	
forwards/backwards	If running backwards look over shoulder	
as fast as you can on the spot	What are arms and knees doing?	
along a different path to everyone else		
for as long as you can	What happens to technique when you - get tired or get competitive?	
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 Éarráid Choitianta	Feedback Aiseolas	
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	Knee lift and kick back is limited	<ul> <li>Knee lift is higher but not yet parallel</li> <li>Back leg is extended to push off and give more momentum</li> </ul>	<ul> <li>Stride is a good length</li> <li>High knee lift and leg kickback is evident</li> <li>Feet land along a narrow pathway</li> </ul>
Arms	<ul> <li>Arm swing is wild and away from the body, with 90 degrees not being maintained at the elbow</li> </ul>	Arm swing increases, is closer to the body and is more in tune with leg movement	Arms and legs are in rhythm
Flight	No obvious flight phase	Limited flight phase	Obvious flight phase
Head	Head is unstable		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.

#### <u>Developing stage</u> 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 Máistrithe



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.

