

Spar Lancashire School Games

Learn!

Skill 4: Running Fast

Equipment needed: 5 x Small toys, Start and finish markers (use any household object)

Aim: To develop the skill of running and improve technique

Task 1: Complete the below activity with your arms by your side



Task 2: Complete it again but this time use your arms. Did you run slower or faster when you used your arms?

Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Activity	How to Play
<p>Toy Relay</p>	<ul style="list-style-type: none"> Take 10 big steps forward to set your finish marker Line up 5 small toys at the finish marker Run from the start to the finish marker but keep your arms by your side and collect the toys one at a time leave each one at the start marker Run back to collect the next toy until all toys have been collected How long did it take? Try it again but this time use your arms, swing in opposite direction to legs How long did it take this time? Do you run faster or slower when you use your arms?

Points to help improve running

Head still and look forward/lean forward

Lift your knees

Swing arms in opposite direction to legs

Push off with balls of your feet

Elbow bent at 90 degrees

Bring your heel close to your bottom

**Now you have practiced this skill
why not try out our Challenge!**

Click here to be taken to the
[Challenge Resource Card:](#)

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 4 - Running Fast

You have been busy practicing your running. Are you ready to take part in our challenge?

Cheetah Chase

How fast can you run 10 metres?



You will need:

2 toys to mark out your 10-metre track

A stopwatch/phone

Tape measure (don't worry if you don't have one)



How to:

- Place one toy (marker) in the corner of your yard or garden (you need 10 metres of space)
- Either mark out 10m using a tape measure or take 10 big steps forward from your first marker (start line), place your second marker (finish line)
- Get someone to time you & on "GO" run as fast as you can from the start line to the finish line. Stop the watch when you cross the finish line, note the time.
- See if you can beat your first attempt
- See if you can beat your parent, carer or sibling

Video Demonstration