

A quick leg movement where for one moment in each step both feet are off the ground.



- Lean the body slightly forward and look ahead
- Raise lifting knee high
- Contact the ground with the heel when running slowly or with the ball of the foot when running quickly
- Push off with the balls of the feet
- Swing arms backwards and forwards from shoulders with arms at hip height
- Bend elbows at right angles and move them in opposition to the legs

I can also...

- participate in track and field
- play basketball
- hike

Self Check Questions:

- Is my head up, looking in the direction I'm running?
- Is my right arm moving forward at the same time as my left leg is moving forward?
- Am I pushing off the ground with each step?
- Am I able to change the speed of my run from slow to fast to slow again?