



Key vocabulary

stamina	fitness
pace	position
warm up	cool down
evaluation	technique
jogging	running
performance	breathing

Key teaching points

head and shoulders	Imagine that a helium balloon is attached to your head. This should be pulling us upright and helping us to run correctly. This allows us to get enough air into our lungs to enable us to run for longer periods of time.
arms	You should be running with the arms in a right angle position in a pump action. This will give you more momentum when you are running.
legs and feet	<p>Don't lift your knees too high; Land with a slight bend in the knee. This helps to absorb the impact of running on hard surfaces. Don't lift your knees too high and avoid bouncing up and down. Your knees should be lifting forwards rather than upwards.</p> <p>Aim for a mid-foot strike Landing on the middle of your foot is the safest way to land for most recreational runners. Avoid striking the ground with your heel or your forefoot first. Your foot should land below your hips - not out in front of you. Don't strike the ground heavily. Aim for short light steps.</p>

Key Learning

- To know and understand the basic principles of warming up, and understand why it is important for a good-quality performance.
- To assess current levels of fitness.
- To use the correct head and shoulder position to improve running technique to run for 9 minutes at a time.
- To run for ten minutes at a steady pace.
- To assess how much their fitness levels have improved.
- To use the correct foot and leg position to run for eleven minutes without stopping.
- To assess current levels of fitness and assess how much we have improved.

