



## Watch Me Run

**KEY SKILLS(S) and CONCEPT(S):** Proper hand and body positioning for energy conservation

**SUGGESTED GRADE LEVEL(S):** Grades 4-8

### **DESCRIPTION:**

Students are instructed on the proper technique used in distance running. When running, focus on a spot 40-50 yards in front of you, glancing up occasionally at a distance closer. "Maintain an upright posture with a 5% lean. Try to focus on driving your elbows backwards, but keep movement in your lower arms to keep your muscles loose. Your elbows should be bent about 90 to 110 degrees and keep your hands loosely cupped. Don't clench your thumb in your hand, but rather place it on top of your index finger. Your arm movement should be rhythmic and easy. Your hands should stop at the midline of your torso." Utilizing the above teaching have students run laps focusing on each technique, focus first, then arm swing.

**OBJECTIVES(S):** Students will be able to:

- Demonstrate proper running form and arm movements
- Analyze proper running technique

### **SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):**

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3 - Participates regularly in physical activity.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

### **MATERIALS NEEDED:**

- Circular area or track

### **TEACHING SUGGESTIONS/TIPS:**

- Instruct students on the proper technique and its effects on energy consumption
- Practice repeatedly, reminding students to focus on technique each time they run.

### **VARIATIONS AND/OR SUGGESTIONS:**

- Assign partners to students and have them assess each other on running form, focusing first on upright position and then elbow drive.

### **REFERENCES:**

Scott, David. *Dave Scott's Triathlon Training*. New York, NY: Simon and Schuster, Inc., 1986.