

Good runners can play:



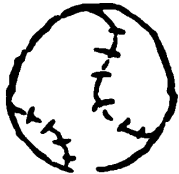
Tag



Soccer

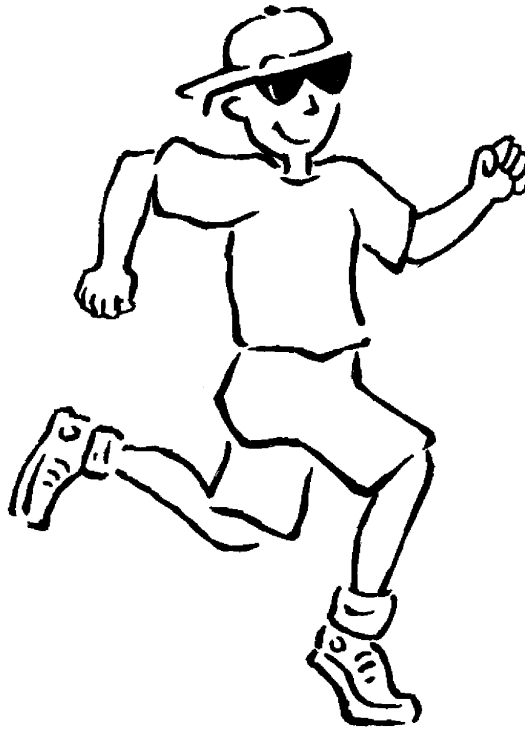


Frisbee



Baseball

Good runners:



1. Look ahead.
2. Swing their arms like "Swinging L's".
3. Bend their knees.

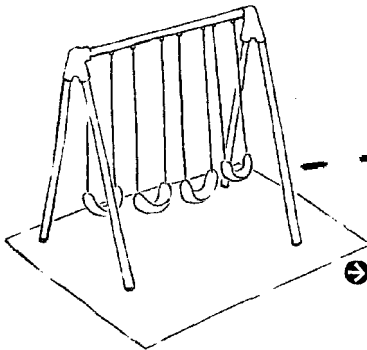


Helpers Say:

"Amazing! You are running faster with your knees up!"

"You can really zip!"

It's fun to run!



Run for colour

Runner and helper take turns calling out an object and its colour ("purple door") and run to the object.

Choose another object and its colour ("red mailbox") and off you go again. As you are running take turns calling out traffic light colours:

- ➡ green - go
- ➡ red - stop
- ➡ yellow - caution (slow down)

- ➡ Play follow the leader ...
"follow me to the tree" - helper
"follow me to the swings" - child
- ➡ Take turns calling out a place to run to

The Right Way To Run!

Colour the picture of the runner with the best form.

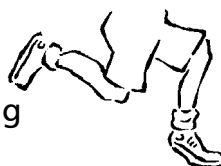
Remember to look for:



➔ head looking forward



➔ swinging "L" s.



➔ bent knees



Rhyme Time!

Fill in the blanks with rhyming words.

I can run fast, I can run _____.

I can run well - because here's what I know:

My arms are like "L's", they swing to and fro

As one hand goes high - the other goes _____.

I bring my knee up then push off with my toe

I keep my head up so I know where to _____.

When I run just like this, I run like a pro

I even love running in rain or in _____.

Can you - act out the actions as your helper reads the poem?

Can you - memorize the poem?

