

5 Skills for Under 5's

Skill 4: Running (fast)



Aim: To master the fundamental movement skill of running

Task 1: Practice the skill. Can you run really fast like a cheetah?

Task 2: Practice makes perfect, play the following game to help develop this skill

Skill/Skills	Activity	How to Play	Equipment
Running Fast	<p>Toy Relay</p>	<ul style="list-style-type: none"> • Take 10 big steps forward to set your finish marker • Line up 10 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? 	<p>10 x Small toys Start and finish markers – use any household object</p>

Points to help your child practice:

Encourage high knee lifts

Practice swinging arms backwards and forwards

Show children how to slow down after running fast by leaning backwards

