

Running is a rapid movement that involves transferring weight from one foot to the other, where both feet briefly come off the ground.

The arms move in opposition to the legs, with the elbows bent.

There is a brief period where both feet are off the ground.

The child has a narrow foot placement, landing on the heel or the toes, no flat-footed.

The non-support leg is bent about 90 degrees so that the foot is close to the buttocks.

Some common error that children experience with running include: running flat-footed, running with stiff arms and looking down at the ground.

Some corrections and verbal cue to address these common errors could include: instructing children to try and land on the balls of their feet, bend their arms and to look ahead instead of looking at the ground.