



# Skill Card 2

## Teach kids to Sprint Run

The ability to perform a sprint run is the key to many games, sports and everyday activities. The ability to sprint run can improve speed and endurance, which in turn may also enhance health-related fitness by improving cardiorespiratory endurance.

### What to look for:

- Lands on ball of the foot
- Non-support knee bends at least 90 degrees during the recovery phase
- High knee lift (thigh almost parallel to the ground)
- Head and trunk stable, eyes focused forward
- Elbows bent at 90 degrees
- Arms drive forward and back in opposition to the legs





# GAMES CARD

# 2

## Fun Running Games

**Bullrush** (♫) – Also called Cocky Laura or British Bulldog. As few as three people can play this. Mark out a court. One person is 'It', other players line up behind line at one end of court. 'It' calls "Bullrush". Players try to get to other end without being caught. If you are caught you help "It". Last person caught is next "It".

**Run To Touch** (♫) – call out various objects in the yard to run and touch, returning to the start ASAP. Time your performance.

**Handball Rounders** (♫♣) – set up two shoes as bases about 12 paces apart. Batsmen throws ball in the air and strikes it with the flat of the hand (you get 3 chances to hit it well). When the ball is hit the batsmen can score a run by racing around the other base and back. Batter out if fieldsmen catch on the full or get the ball to touch a base before batsmen gets back.

**Treasure chest** (♫♣•) – spread a variety of objects out on the ground. Time the person gathering all the objects back into a bucket one at a time. Variation – Scavenger Hunt – call out a letter, participants are given a time limit to go and gather as many objects as possible beginning with that letter (time them putting them back for another race!)

**KEY:** ♫ = can be played by one person, ♫ = needs more than 1 player, ♣ = some equipment needed, • = organisation required, ⌆ = can be played inside.

**Q4: Family Activation Pack**



Health  
Central Coast  
Local Health District