**PE – Athletics – Running**



**Arms**

* **Straight arms**. Keep your arms straight the whole time you run.
* **Arms above your head**. Put your arms straight above your head the whole time you are running.
* **Bent Arms.** Bend your arms by your side and move them back and forward as you run.

**Legs**

* **Straight legs.** Keep your legs really straight the whole time.
* **Bent legs.** Bend and straighten your legs as you run.
* **Knees up.** Bring your knees up as high as you can while you run.

**Head**

* **Look straight ahead.** Keep your head looking right to the place you are running towards.
* **Look upwards.** Look up toward the sky as your run.
* **Look to the side.** Look to one side as you run.

**Body**

* **Side ways**. Run with your whole body facing the side of the running track.
* **Backwards**. Run backwards (carefully)
* **Forwards**. Run facing forwards facing the way you are going.

Now you have worked out the best ways to run. Have a race with someone or time yourself three times and see how fast you can go.