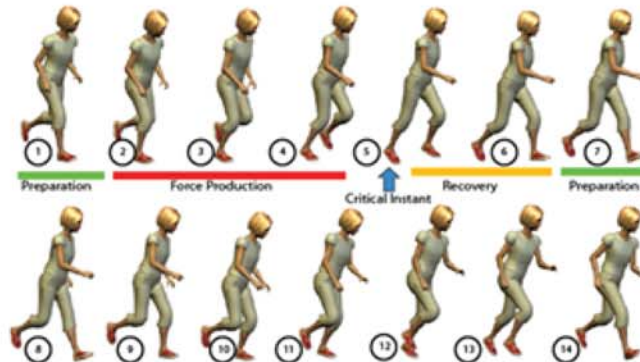


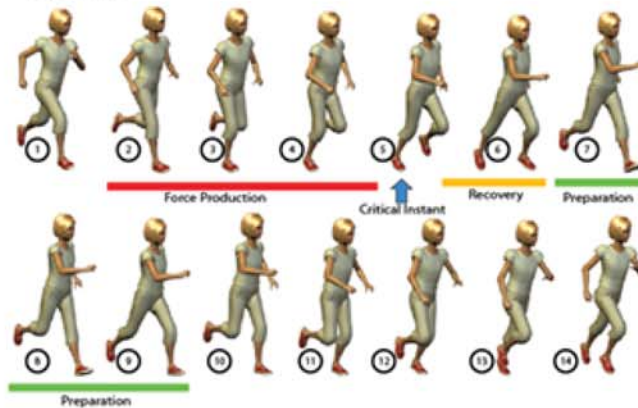
Stage 1

Stage 1 of running usually develops during the second year of life, before children take part in organized physical activities/sports. For that reason, the early stage of running is not shown here.

Stage 2



Stage 3



Participants with a Disability

Locomotor

Wheelchair users can "wheel" while other children are running, as long as the wheeling surface is relatively smooth. Encourage participants with other locomotor disabilities to run as best they can - taking care to provide adequate support if needed.

Sensory

Runners with a visual impairment may have enough residual vision to run unaided or may need to run with a sighted guide. Guides can often be recruited from local running clubs. Uneven surfaces are very challenging for runners with this impairment and should be avoided.

Intellectual

For safety, and to ensure that runners do not get lost, those running alone outside a gymnasium or track need to be very familiar with the route being run and must be carefully monitored.

Key Points at Each Stage

1. In the early stage of running, instruction is not effective or recommended
2. Children need opportunities to run and play in safe, open spaces

To Move to the Next Stage

1. Provide opportunities for play in open spaces
2. Be a role model, and play running games with children
3. Ensure the space is safe
4. Encourage children to try running sideways and backward, not always in a straight line

Cue Words

- Play!

1. There is little arm action
2. Knee lift is poor
3. The push-off from the foot is weak
4. The head often looks down
5. The arms move more side-to-side than front-to-back

1. Lean forward
2. Move the arms more vigorously
3. Lift the knee when it swings through
4. Push off forcefully

- Push hard
- Pump your arms
- High knees

The Four Phases

Preparation: From the moment the heel contacts the ground until the moment of deepest bend at the knee

Force Production: From the deepest bend of the knee to the moment the foot leaves the ground

Critical Instant: The push-off as the toes leave the ground

Recovery: Time in the air when there is no contact with the ground