

DEVELOPING FUNDAMENTAL MOVEMENT SKILLS:

Running:

W.A.L.T: Learning how to develop different running styles in order for them to become competitive individuals.

Exercises/stretches:

- Lunges
- Short walks(5 metres)
- squats(bend knees, then lift up)

Short sprints: 10-15 metres
X5

Learning/Key pointers:

- Head held up high when running.
- Lean body forward abit
- Swing arms for speed and power
- RUN AS FAST AS YOU CAN!

Repeat this sequence one or twice a day (one in the morning, one in the arvo). Too see improvements.

Some activities you can at home with family or by yourself:

- 2x2 half relays. (1 person runs 10 metres, then tag their hand and then the second person runs 10 metres as well).
- Run around the house.(time yourself.)
- Play tag.
- Ball rush
- Duck, duck, GOOSE.



REMEMBER TO KEEP ACTIVE!

Some links to help you develop your skills to become a competitive individual:

- <https://www.youtube.com/watch?v=fBHgQbi3zG4>
- https://www.youtube.com/watch?v=L_A_HjHZxfl
- <https://www.youtube.com/watch?v=M4-DztVGR6s>