

TIPS FOR LEARNING HOW TO RUN

Just like reading & writing, kids need to learn to move

This week in the KIDDO session we learnt how to Run



Head:
still and eyes up
& looking ahead



Arms:
bent and travel
from 'hip to lip'



High knees



Land: on the
ball of foot



**Children need
active play
+ practice
to learn these
essential skills
to be active
for life**

Fun Running games to play at home



Tag or chasey games



Netflix:

Play (run forwards), Rewind (run backwards), Fast Forward (sprint), Pause (run on the spot), Stop (freeze)



Rats & Rabbits:

One person is the Rat and the other is the Rabbit. When you call out Rats, the Rat sprints away and the Rabbit has to catch them and vice versa.

How fast can you run?

Have a go at the KIDDO running challenge at home with your child
<https://www.kiddo.edu.au/challenges/how-fast-can-you-run>