

# **TEACHING RUNNING FUNDAMENTALS TO ELEMENTARY STUDENTS**

**CINDY MEYER**

**DOANE UNIVERSITY**

# Teaching Techniques

Whole -Part -Whole Demonstration: Show whole activity to student then go back and break it down into progressions and then back to whole

Kinesthetic Awareness: **It is all about moving and learning**

Shadow: Work along side the student and go through the action together

Physical Guidance: Physically moving the individual through the action.

Example: Assisting students with running arm action

Feedback (GPS): Giving cue words

# Cues For Teaching Posture and Breathing

## ■ Feet

1. Spread toes
2. Hold arches up
3. Sweet spot
  1. Located between 2<sup>nd</sup> and 3<sup>rd</sup> toe, 1/3 of the way back from the toes
  2. Teach children to push into the floor through their sweet spot while running, jumping and throwing
4. Maintain strong feet when running
  1. While foot swings forward and then makes contact with the ground, the ankle is flexed
  2. Avoid sloppy loose feet & feet pointed away from the knees that cause injuries and slow running

## ■ Core and hips

1. Hips up and underneath
2. Fred Beile quote: “Don’t let your back porch hang out.”
3. Like pinching a grape between glutes

- Heart and Lungs

1. Belly Breathe – Big in, Big out

1. Inhale (in through the nose) – push their bellies out as draw air into the lower lungs, backs get big as they inhale to draw oxygen into the upper lungs
2. Exhale (out through the mouth) – suck bellies into the spine and shrink the upper body to get all air out of the lungs

- Neck and Shoulders

1. Relax face – loose face muscles is key
2. Relax neck
3. Breath easy
4. Relax shoulders (natural)
5. Wide shoulders

- Head

1. Steering wheel – head level, look at spot in distance
2. Chin level – parallel to ground

- Long Strong Spine

1. Put it all together and feel alignment at the sweet spot of the feet extend out the top of head
2. Align the major joints of the body. Head on top of the shoulders, on top of the hips, on top of the knee, on top of the ankle, in a straight line down. This is called good posture!
3. Imagine a string running from the sole of your foot up through the top of your head, pulling like a marionette

# Running Critical Elements (Cue Words)

1. Stay tall
2. Toe Up - Laces up
3. Knee up
4. Heel up
5. Step over your opposite knee
6. Hips up and underneath
7. Sweet spot – Ball of Foot
8. Actively put foot down (push into ground) (getting into the ground like a horse)
9. Shoulders square – head lights
10. Quiet cat like feet (no elephant feet)
  - Arms and Hands
    1. Hands – thumbs on top
    2. Pringle hands
    3. Hip to nose (change in pocket to ice cream cone or cell phone in pocket to ear)
    4. Corners – 90 degrees bend of elbows ( will break at runners advance)
    5. Drive elbows straight back

## **Starting Critical Elements (Cue Words)**

### **Starts-2 Point**

Feet straddle, under hips

Weight forward on front foot

Lean Forward, shoulders over feet

Head up

Shoulders square

Opposite arm of foot forward rips forward

Rip arm has 90% has bend

High knee drive

### **Starts- 3 Point**

Feet straddle a foot behind line

Hand on knee with top hand that rips forward

Thumb and index finger in straight line behind start line

Opposite arm of foot rips forward

Rip arm slightly bent and then bend 90% as it rips forward

High knee drive

Push, push, push no rush

## Running Progression Drills

1. Sitting Arms – vary speed of arms (sloth, pig, tiger, cheetah)
2. Standing Arms – elbow touches & vary speed of arms
3. A-March and A-Skip- stationary
4. A-March and A-Skip moving forward and backward
5. Frankenstein – toe up straight leg running
6. Stationary Cycle- Claw Drill
7. Foot Fire- Stove temperature 1 to 4 slow to fast
8. Get up running from on stomach, back, and on hands and knees
9. Stride Length- monster (long) and baby (short) and medium (correct length)
10. Wicket Drill – over little hurdles 6” or less, to start lay hurdles down
11. Hip Up and Underneath- Students lay on floor and push belly button to spine
12. Breathing- Students lay on floor and practice belly breathing (eyes closed)
13. Running on a Line- focus is on running in straight line
14. Running in Track Lanes- straight line running add two point start
15. Pace Running- slow to fast- sloth, pig, tiger, and cheetah
14. Stick Drill
15. New Wall Drill

## Activities

1. Everyday Include A March and A Skip and Frankenstein
2. Instant Activities to Start Class
3. Transitions going from one activity to another (A-March to line up)
4. Tag activity using Running Fundamentals
  - Movement
    1. Power walk with running arms
    2. A March
    3. A Skip
    4. Running emphasizing running arms
  - Freeze Activity
    1. Running arms sitting
    2. Running arms standing
    3. A March stationary
    4. A Skip stationary
    5. Foot Five
    6. Claw Drill
    7. Loose face could be added to any of the above activities

## Options

1. Designate students as taggers, students not tagged can unfreeze students that are tagged
2. Designate students as freezers (red) and unfreezers (green)
3. Near and Far- Partners working together

## 4. Circle Circuit

### 1. Running Fundamentals in big circle around gym

#### Example A

1. A March (endline)
2. A Skip (endline)
3. Sloth pace (sideline)
4. Tiger pace (sideline)

#### Example B

1. Get on stomach and get up running (endline)
2. Frankenstein run (endline)
3. Accelerate slow to fast (sideline)
4. Decelerate fast to slow (sideline)

## 5. Stations

1. Wicket –small hurdles (see attached sheet for measurements)
2. Stick Drill- 20cm-20-40-40-50-50-60-60-70-70 stop where students start over striding
3. Running in track lanes with 2 or 3 point start (10 to 15 meters)
4. Running on track lane line
5. Claw Drill
6. New Wall Drill
7. Holding Pringles in Hands & Running

## 6. Closure

1. Belly breathing –Big in Big Out