



Running

Almost every sport requires running, so it is important to develop a good technique. Here are some general guidelines:

- Run lightly on the balls of the feet. Ankles are flexed.
- Lift knees forward and high.
- Lean body forward with head forwards. Arms should be relaxed.
- Keep arms close to the body. Bend elbows so they form a right angle. Hands should move in line with shoulders.



There are many running games to play...here are a few ideas:

- **Frost and Thaw:** One player is Frost and one is Thaw. Frost tries to tag as many of the other players as possible. Once tagged they must freeze! Only Thaw can melt them so they can keep playing.
- **Hospital Tag:** One person is It and tags the other players. Once a player has been tagged they take over as the new tagger. But while trying to tag someone else they also have to hold the place on their body where the tag was made.
- **Beanbag Steal:** The idea of this game is to try to steal the other player's beanbags. Each player starts with three beanbags and the winner is the first one to increase the total to five. Players stand on opposite sides of a square and run to another player's pile of bags to steal one bag. They then run back and add it to their own pile. No beanbags can be stolen if the owner is standing there.
- **Fish in the Net:** This game is best with six or more players. Three players become the net and hold hands. They catch others by surrounding them and joining the net. Caught players become part of the net.

