



<p><b>Running short</b></p>	<p>Can run to an end point in a straight line.</p>	<p>To be able to run to an end point in a straight line and at speed.</p> <p>Introduce starting a race with knees bent and body weight forward.</p>	<p>Develop sprint start technique using correct method.</p> <p>To use the correct start technique and transition into a good sprint running style</p>	<p>Use power off the start line then continue run to the finish line using the correct running technique.</p>
<p><b>Running long</b></p>	<p>Run around a track not cutting off corners or colliding with other children.</p>	<p>Introduce the principle of not running too quickly with slow deep breaths.</p> <p>Can identify the difference between a sprint race and a middle/long distance race.</p>	<p>To run for a longer period with smaller steps and shoulders relaxed.</p> <p>To be able to evaluate peers running techniques and give constructive feedback.</p>	<p>To be able to pace their long distance run so they can complete the distance.</p> <p>To be able to pace others when running so them and their friends can complete the distance.</p>