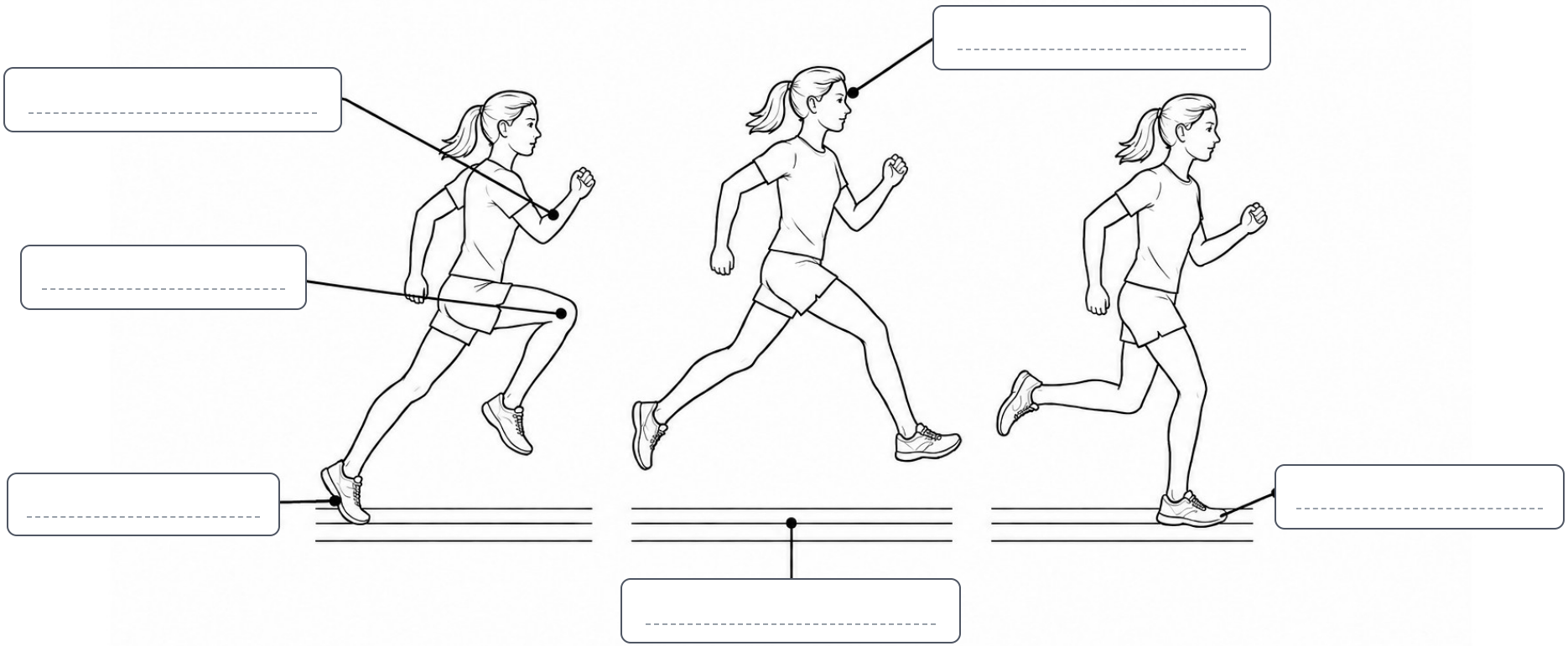
Write the missing words. Use the word bank.

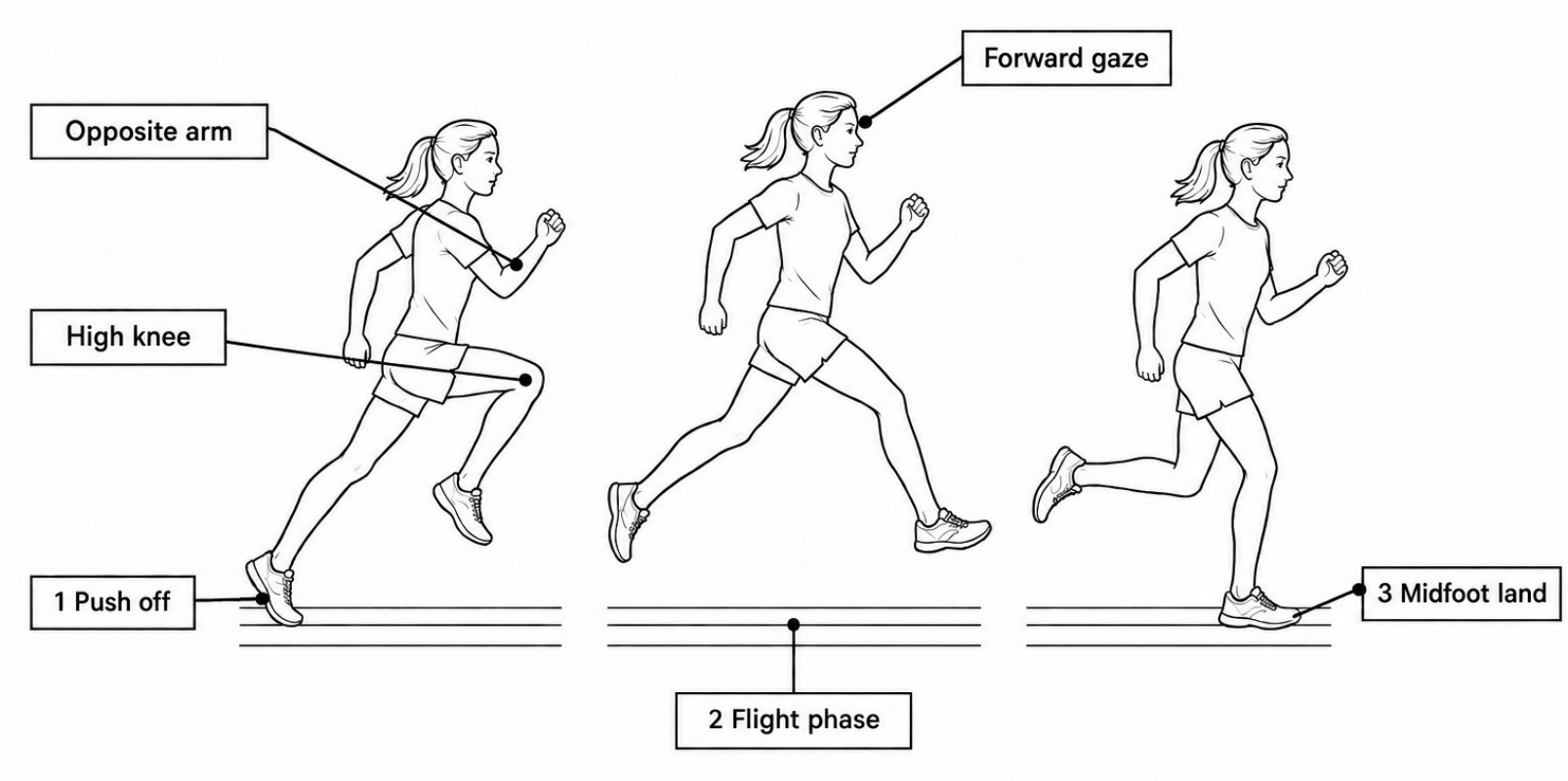
Name _____ Date _____

The Running Stride Sequence



WORD BANK Forward gaze • High knee • 2 Flight phase • 3 Midfoot land • Opposite arm • 1 Push off

The Running Stride Sequence



The Running Stride Sequence

