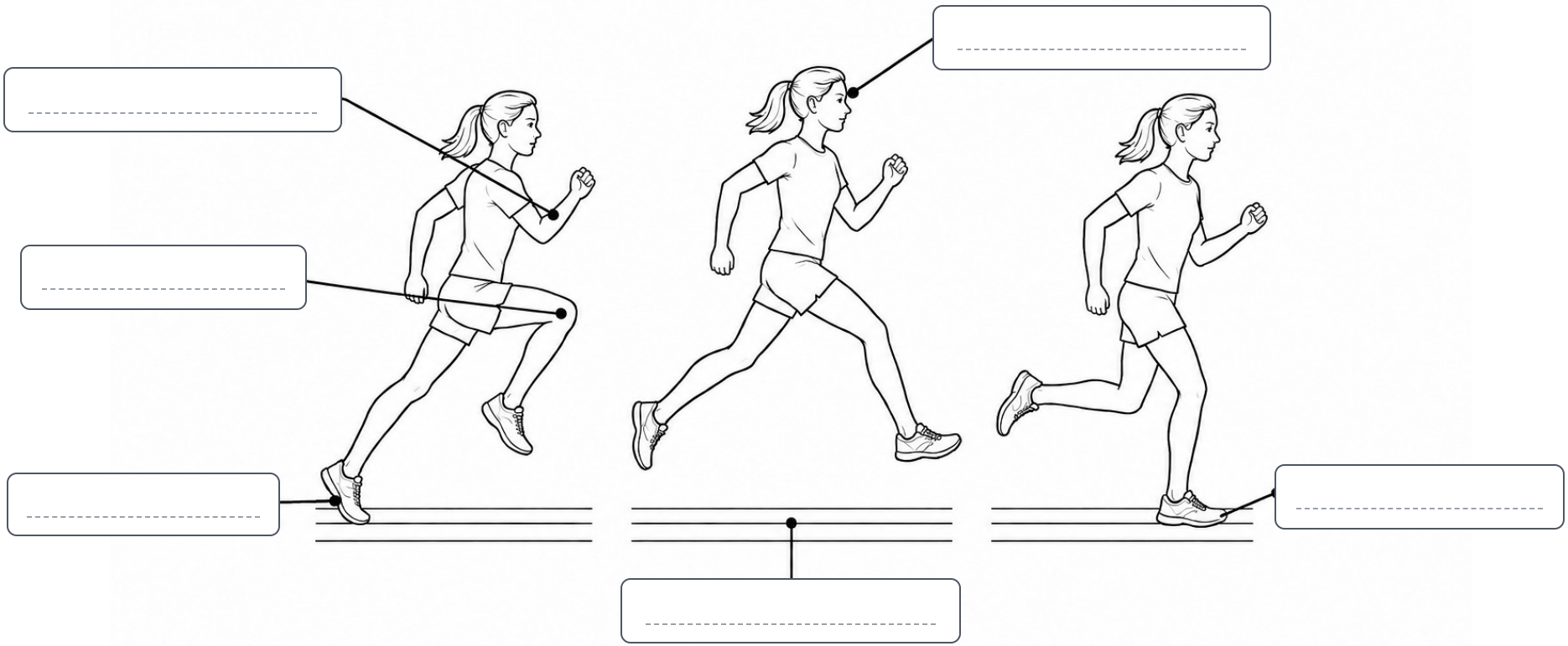
Write the missing words. Use the word bank.

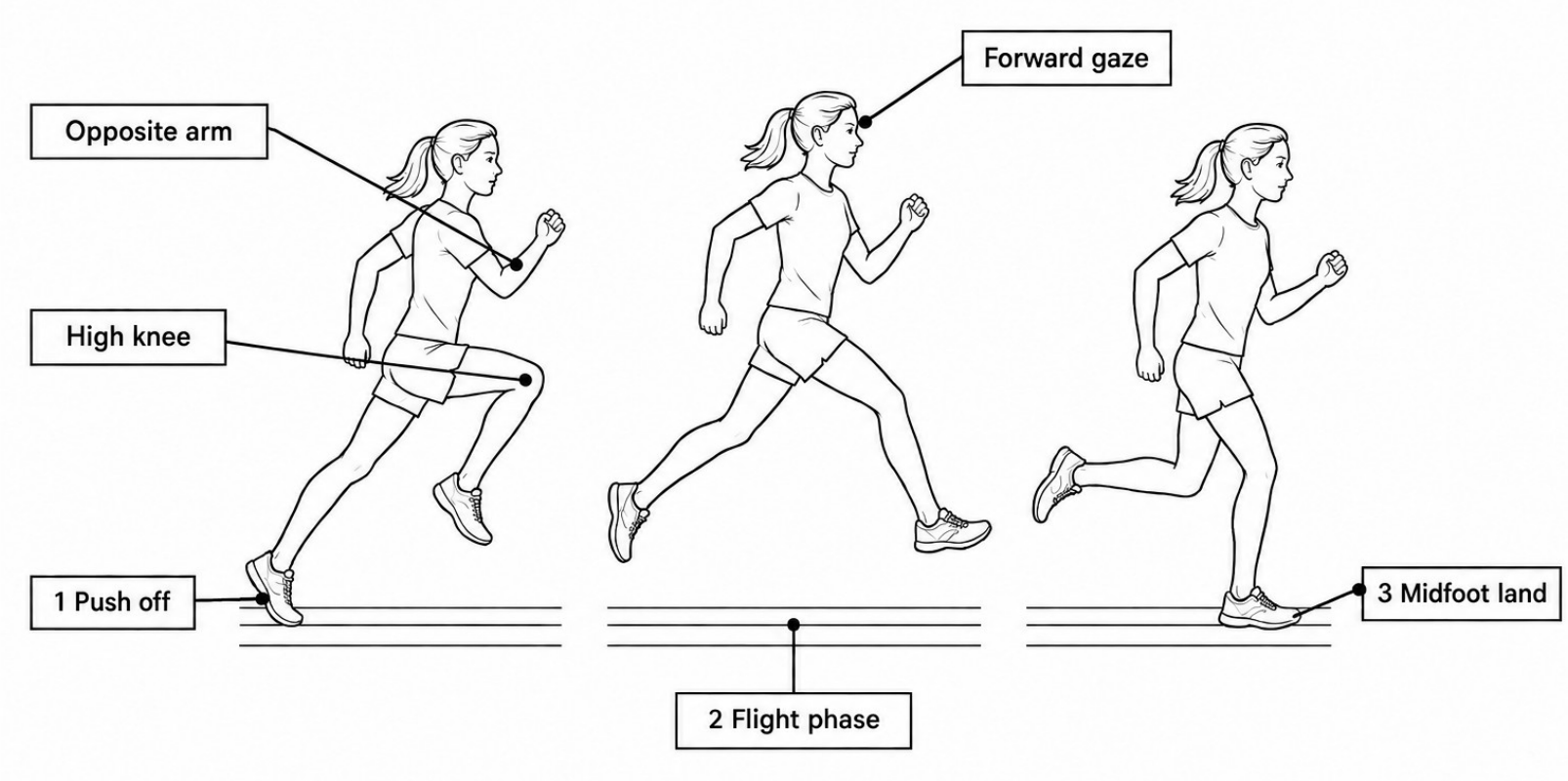
Name _____ Date _____

The Running Stride Sequence

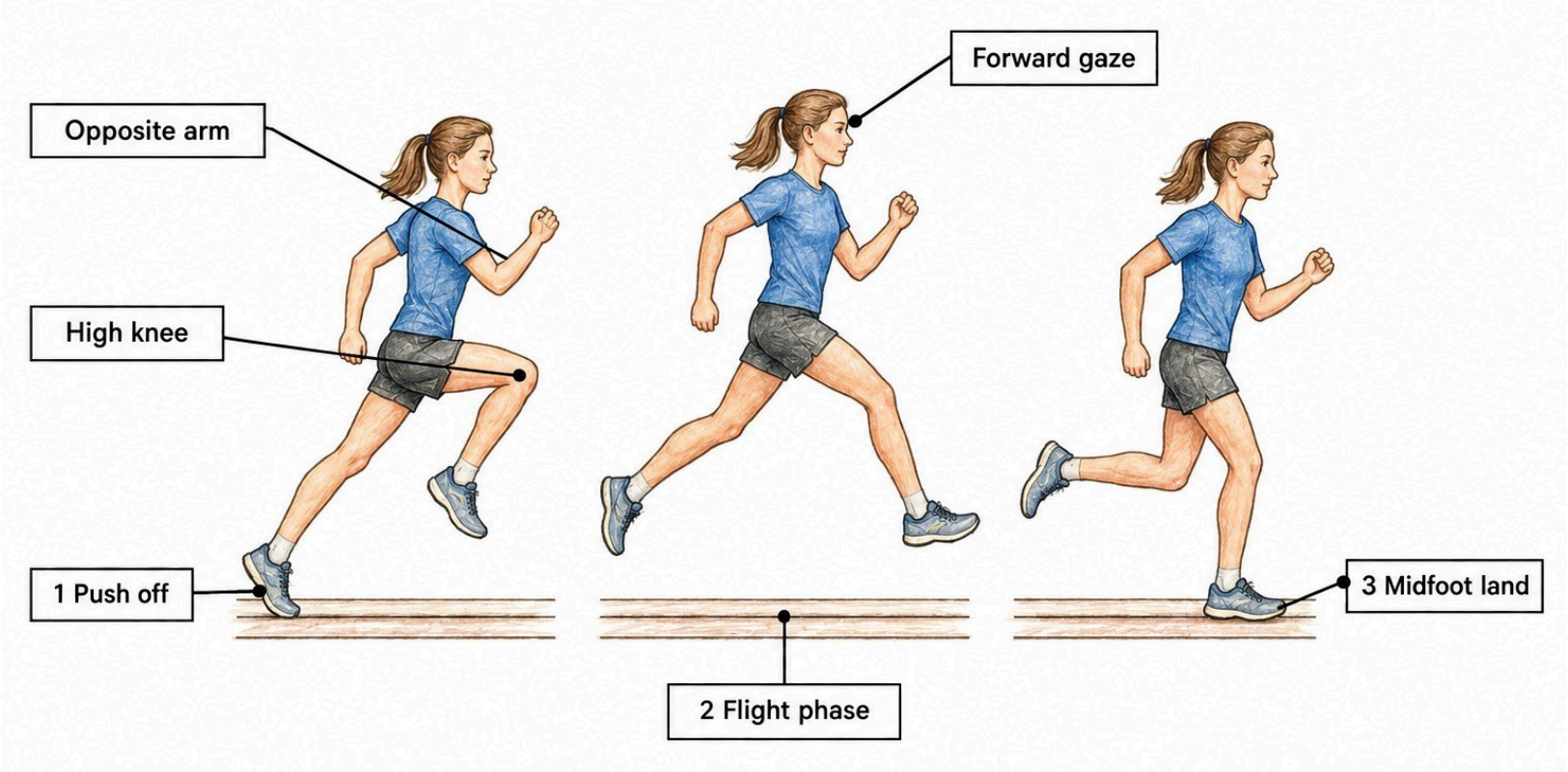


WORD BANK Forward gaze • High knee • 2 Flight phase • 3 Midfoot land • Opposite arm • 1 Push off

The Running Stride Sequence



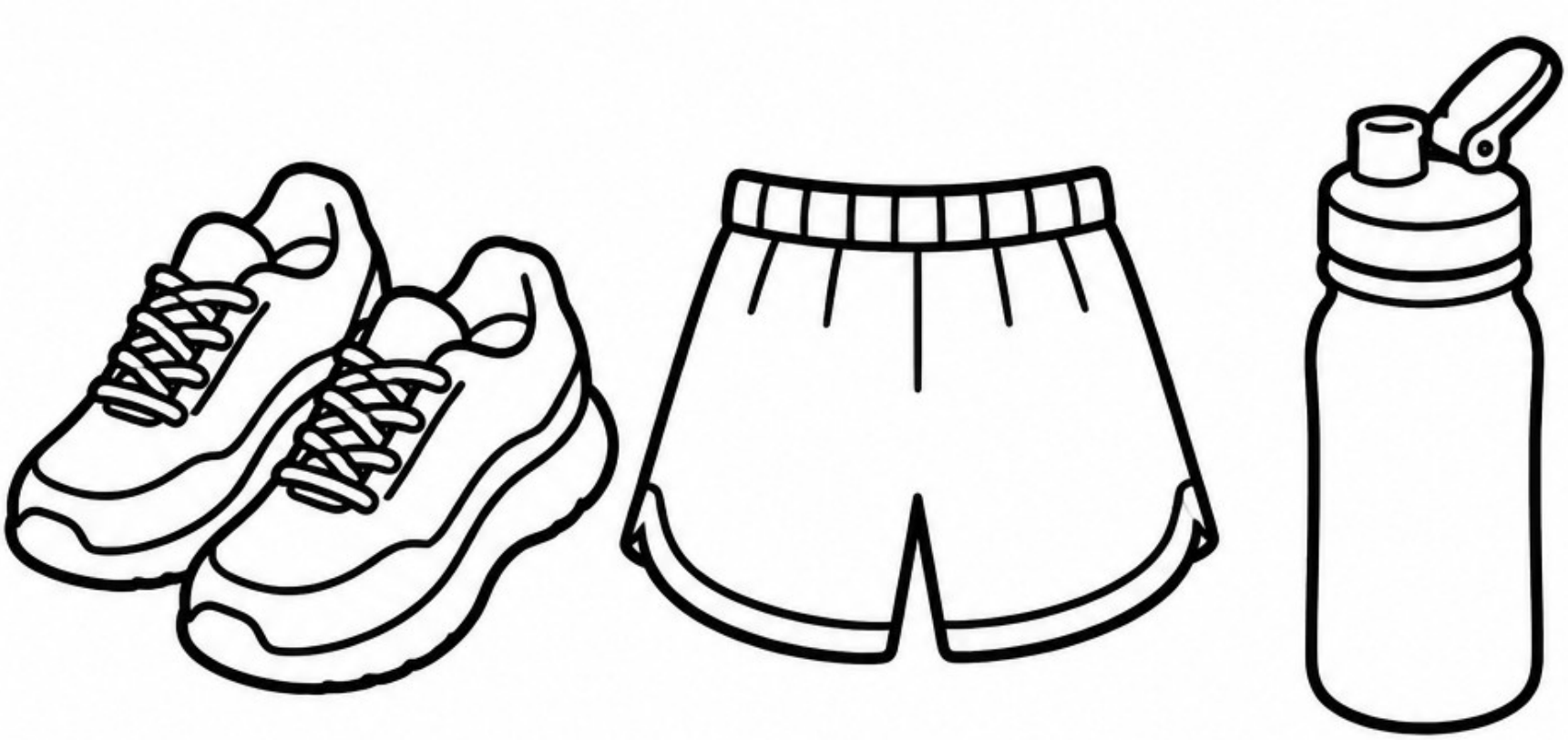
The Running Stride Sequence



Trace the words. Then color the picture.

Name _____ Date _____

Gear for Running



Shoes

Shorts

Water

Gear for Running





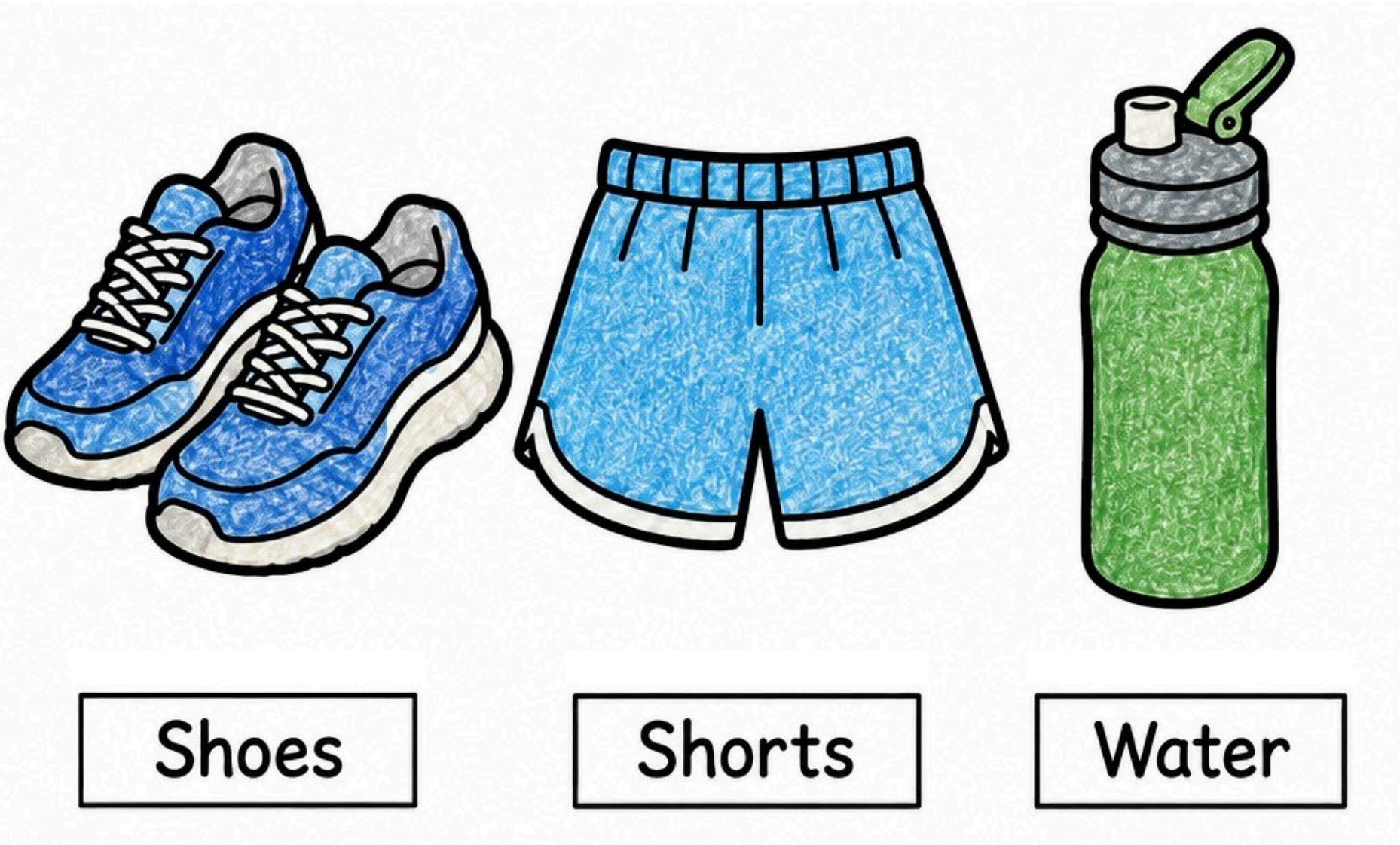


Shoes

Shorts

Water

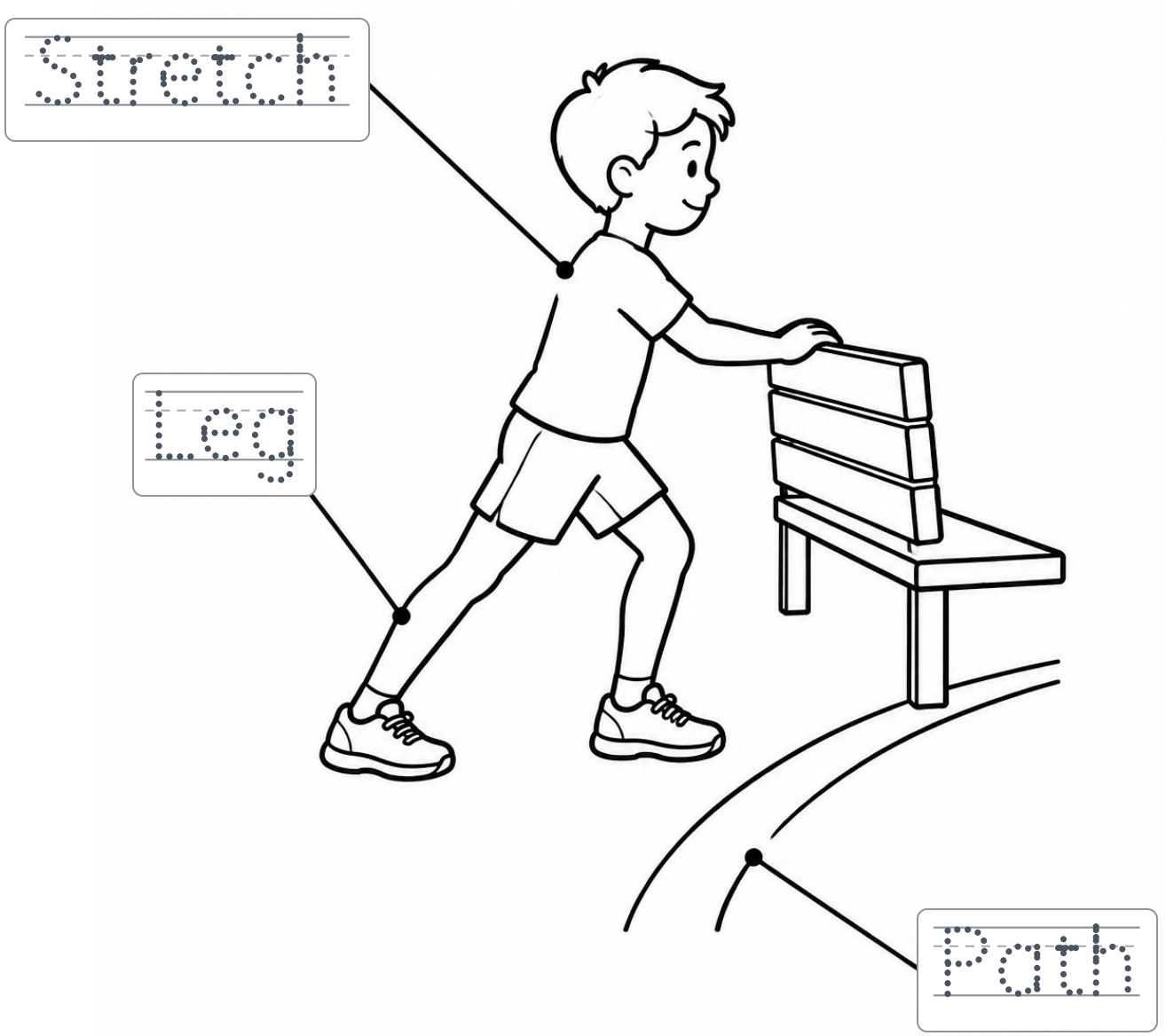
Gear for Running



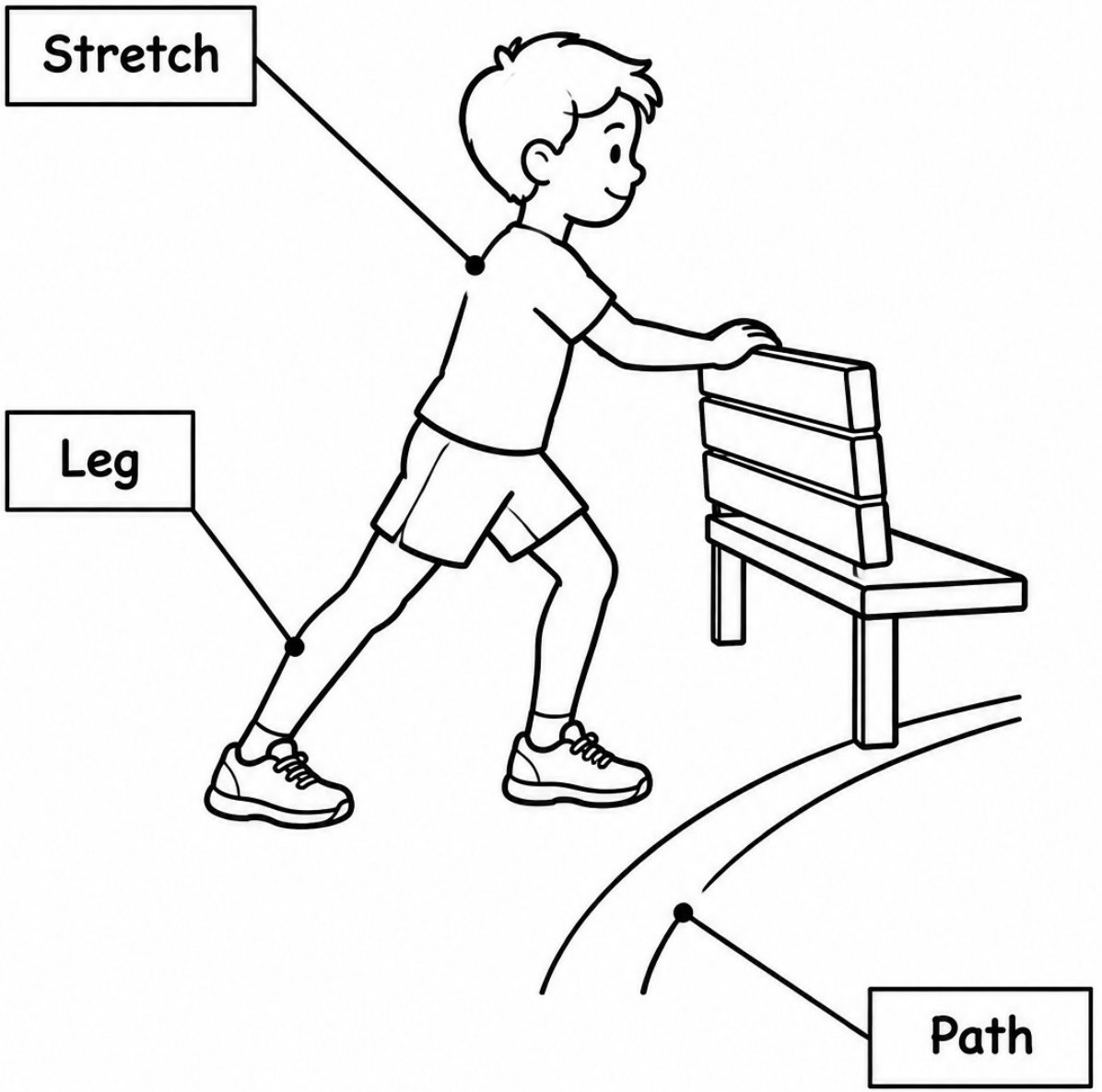
Trace the words. Then color the picture.

Name _____ Date _____

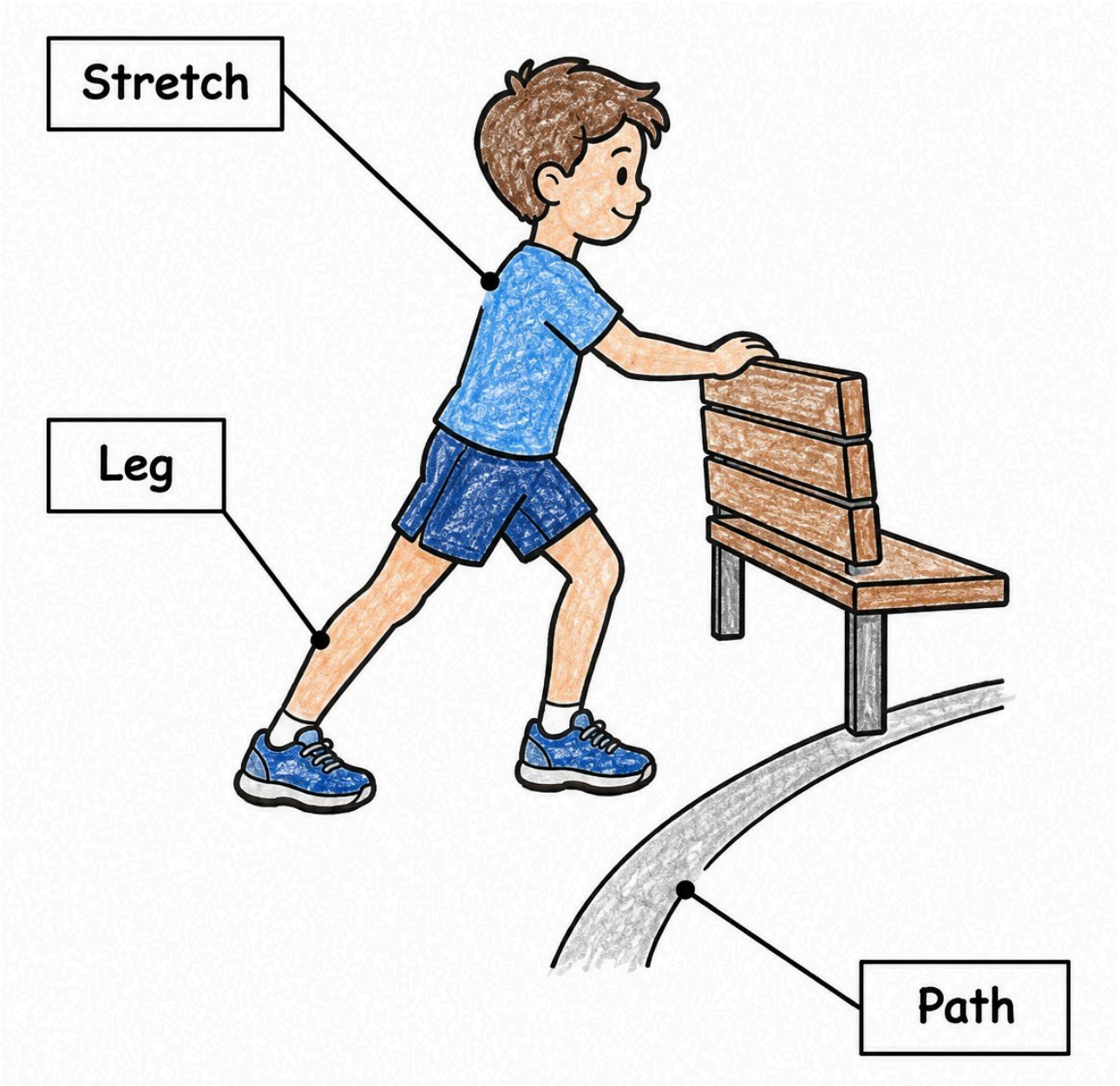
Warming Up to Run



Warming Up to Run



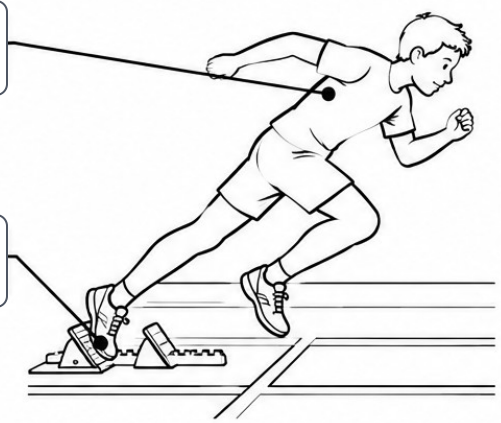
Warming Up to Run



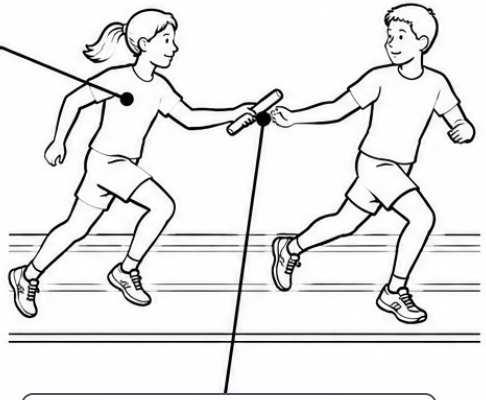
Write the missing words. Use the word bank.

Name _____ Date _____

Four Running Race Events



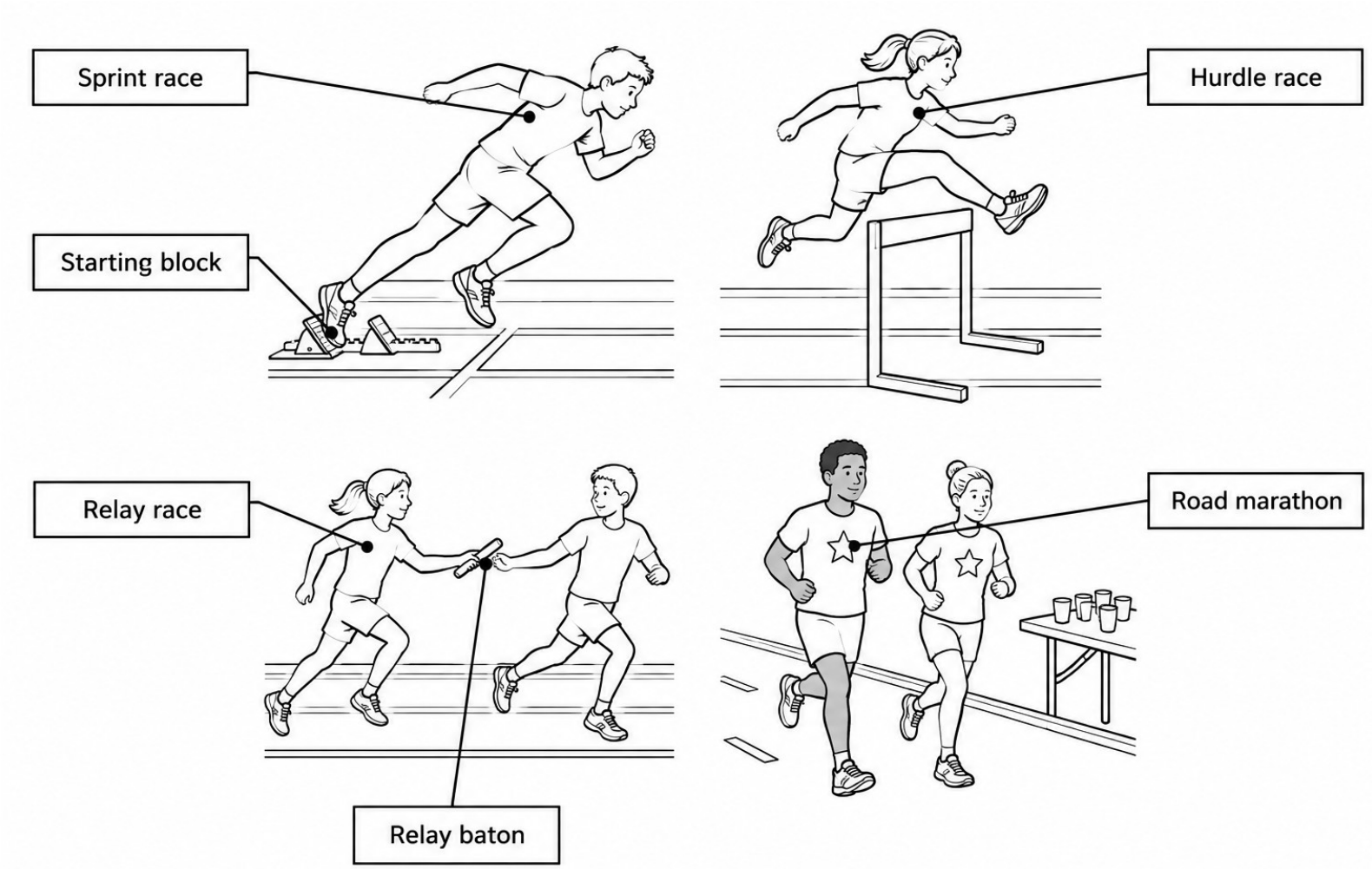






WORD BANK Starting block • Relay baton • Sprint race • Hurdle race • Road marathon • Relay race

Four Running Race Events



Four Running Race Events

