

Developmental Physical Education for Today's Children

TABLE 17.1 Developmental Sequence for Running

- I. Running
 - A. Initial stage
 1. Short, limited leg swing
 2. Stiff, uneven stride
 3. No observable flight phase
 4. Incomplete extension of support leg
 5. Stiff, short swing with varying degrees of elbow flexion
 6. Arms tend to swing outward horizontally
 7. Swinging leg rotates outward from hip
 8. Swinging foot toes outward
 9. Wide base of support
 - B. Elementary stage
 1. Increase in length of stride, arm swing, and speed
 2. Limited but observable flight phase
 3. More complete extension of support leg at takeoff
 4. Arm swing increases
 5. Horizontal arm swing reduced on backswing
 6. Swinging foot crosses midline at height of recovery to rear
 - C. Mature stage
 1. Stride length at maximum; stride speed fast
 2. Definite flight phase
 3. Complete extension of support leg
 4. Recovery thigh parallel to ground
 5. Arms swing vertically in opposition to legs
 6. Arms bent at approximate right angles
 7. Minimal rotary action of recovery leg and foot
- II. Developmental Difficulties
 - A. Inhibited or exaggerated arm swing
 - B. Arms crossing the midline of the body
 - C. Improper foot placement
 - D. Exaggerated forward trunk lean
 - E. Arms flopping at the sides or held out for balance
 - F. Twisting of the trunk
 - G. Poor rhythmical action
 - H. Landing flat-footed
 - I. Flipping the foot or lower leg in or out

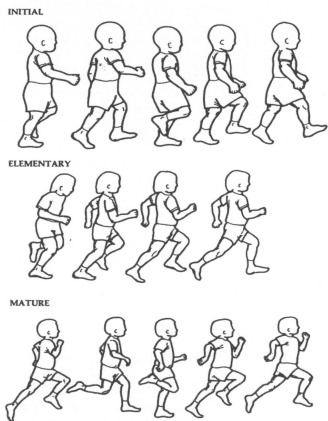


FIGURE 17.1 Stages of the running pattern.

- Stress stopping without sliding on the knees.
- For tagging games, teach proper tagging techniques.
- Incorporate activities that gradually increase aerobic capacity.
- Provide a wide variety of running activities.

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