



## Get active



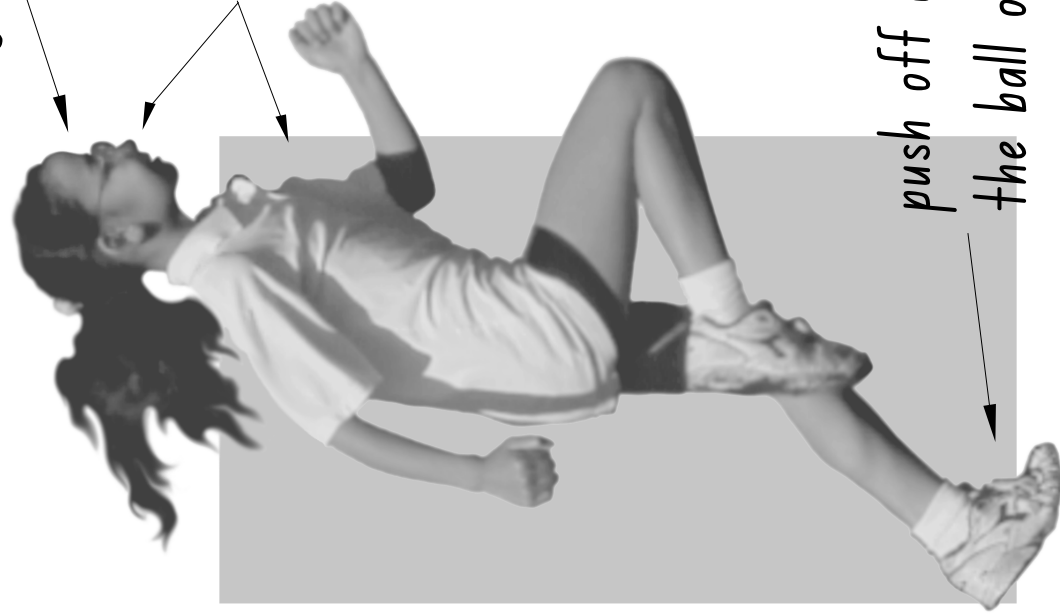
## 2. Sprint run

**For the supervisor and the student**

look straight ahead

keep your head and trunk facing the front

push off and land on the ball of your foot



Show me how to ... **run**

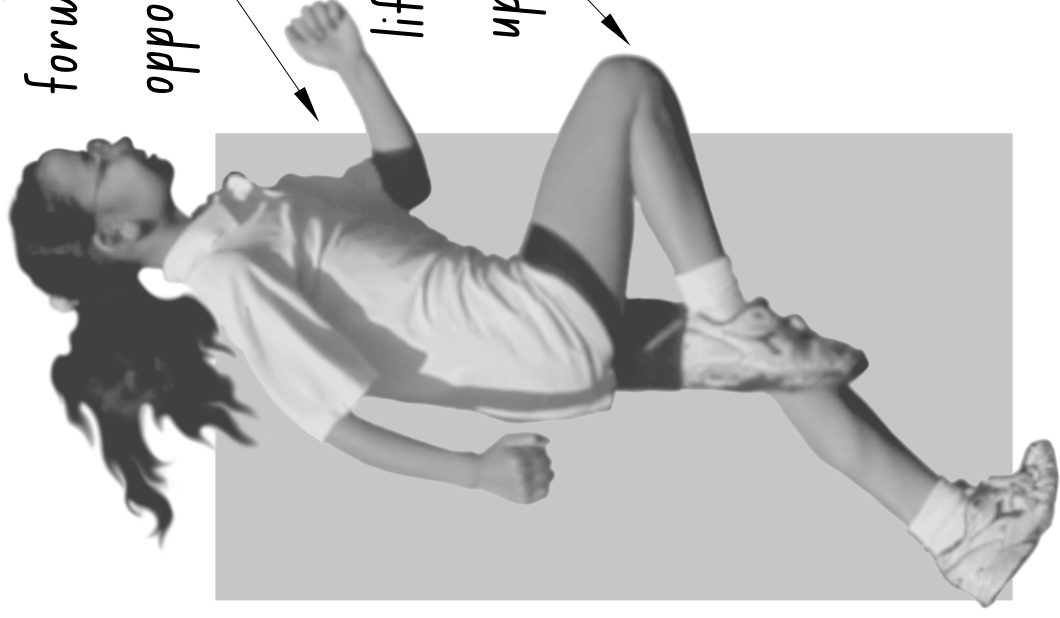
1

swing your arms forward and back

opposite your legs

lift your knees

up high



Show me how to ... **run**

2