**Long Distance Running – Skills Ladder**

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| **Year 5** |
| I can warm up my body correctly to prevent side stitches & muscle tightness independently |
| I can complete & add to my distance using walk/run combinations, dropping my pace as & when needed |
| I can hold my body correctly when running (looking up, relax shoulders, back straight, don’t hold tension arms, wrists & hands, make sure foot falls are straight & breathe deeply) |
| I understand that when running with a buddy you can push each other to run longer & harder |
| I know when I feel pain, it is important to stop running |
| I understand that good nutrition & quality sleep is important habits for myself (runners) |

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| **Year 6** |
| I can warm up my body correctly to prevent side stitches & muscle tightness & I can explain the reasons for this |
| I can confidently increase my distance gradually over an extended period & conserve energy for the end of the run |
| I can confidently increase my fitness level, endurance & confidence, to enable me to run longer distances |
| I can run at a conversational pace (can talk comfortably in complete sentences while running) |
| I know not to compare myself to what others are doing |
| I know & understand that good nutrition & good sleep are important habits for myself (runners) & I can maintain this myself |