

Running for Speed Running Technique & Sprint Starts	Beginner	Developing (RUN School Rabbits) 			Practising (RUN School Run) RUN			Emerging (Athletes) ATHLETE		
	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
11. Running Technique (Maximum Velocity/Full Flight Running)	11a) Walk with relaxed shoulders and good upright posture	11a) Jog/Skip with relaxed shoulders and good upright posture.	11a) Run tall with relaxed shoulders and good upright posture	11a) Run tall with relaxed shoulders, high hops good upright posture and balance.	11a) Demonstrate relaxed running technique with no visual tension (all of Purple)	11a) All of Blue but at increased speed	11a) All of Black but at increased speed.	11a) Explosive Drive Phase and effective pick up into Transition phase	11a) Execute all phases of a race with smooth transition and technical efficiency	
	11b) Walk tall with high hips, good upright posture and balance	11b) Jog/Skip tall with high hips, good upright posture and balance	11b) Run tall with high hips, good upright posture and balance	11b) Run tall with relaxed pockets to sockets arm action	11b) Use a fast relaxed arm action emphasising the drive backwards	11b) Demonstrate an active foot strike on the forefoot with the quick, 'down and back' motion	11b) Combine Acceleration phase with full flight running	11b) Smooth transition from 'Drive Phase' to 'Full flight' running.	11b) Execute all sprint start competence and combine with full flight running	
	11c) Head up with focus in front.	11c) Walk with knee up and toe up action	11c) Jog/skip with knee up, toe up action	11c) Run with knee up, toe up action	11c) Prior to touchdown raise knee until leg is parallel to the ground	11c) Maintain technical performance in competition conditions	11c) Execute running isolation drills: a) Advance single side drills Combination drills	11c) Evidence of speed endurance, and technique maintenance	11c) Sprint over increasing distances 150-300m	
	11d) Awareness of space and the safety of others	11d) Walk with heel up, and toe action	11d) Jog/skip with heel up, toe action	11d) Run with heel up, toe up action	11d) Active and quick free leg with 'down and back' motion before touchdown	11d) Execute running isolation drills a) Alternate drills b) Single side drills				
		11e) Walk with relaxed socks to pockets action	11e) Jog/skip with relaxed pockets to sockets arm action	11e) Active strike on forefront of ball foot	11e) Support leg is strong with no visual collapse of leg					

					11f) Run on curve with coordination and control	11f) Run a controlled bend with smooth transition on to straight running.				
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	12. Sprint Start & Drive Phase (Acceleration)		12a) Take up a 'Ready Active Position', staggered feet, lowered centre of gravity, forward body lean	12a) From a Ready Active Position 'Pushes off' down and back with feet.	12a) Use body lean and centre of gravity to assist start and accelerate quickly.	12a) Demonstrate quick reactions and rapid acceleration from a variety of starting signals.	12a) Demonstrate a crouch start with correct front and rear leg angles, heels pressed back	12a) Demonstrate hips raised slightly higher than shoulders, with head in a neutral position	12a) Demonstrate shoulders level with hands in set position	12a) Rear foot is brought down quickly to commence second stride
		12b) Ready Active Front foot on the line, rear foot about shoulder width behind, ensuring front arm opposite to front foot.	12b) Accelerate quickly from a variety of static positions	12b) Bring foot through low in 'Drive Phase'	12b) Demonstrate effective three point start technique	12b) Head is level with the back, eyes look straight down	12b) Demonstrate balance and control during a sprint start, taking powerful progressive strides	12b) Demonstrate front leg straight body line from crouch start.	12b) Feet are kept low and drive back with a down and back 'piston like' action in the first 5-7 strides	12b) Combine sprint start with the transition and then the full flight running phases.
		12c) Respond rapidly to a stimulus	12c) Demonstrate basic 'Falling start'" with balance and control	12c) Demonstrate effective 'Falling start' technique with no bending at the waist	12c) Demonstrate a basic 'On your Mark' position with correct hands and feet spacing.	12c) Hold Good posture and balance in the 'Set' position with good arm spacing	12c) Rear leg moves forward rapidly in the drive phase while the body leans forwards	12c) Keep body low while driving from the start	12c) Body gradually rises from stride 7/8 – 14/17 width smooth transition (Stride	12c) Analyse own sprinting technique

				12d) Falling Start: Demonstrate active use of arms with exaggerated arm split in initial steps	12d) Measure out crouch start settings unsupported	12d) Demonstrate active use of arms with a big split of the arms in initial steps		12d) Measure out crouch start settings from block independently	length will change depending on athlete.)	
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Technical & Tactical – Running over obstacles

Hurdles and Obstacle Races

13.Hurdles

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13.Hurdles	13a) Rhythm Run over low obstacles without hesitation	13a) As Red 13a, but with increased height (SAQ low hurdles)	13a) As Yellow 13a, with increased height (Sports hall low hurdles)	13a) As Green 14a, but with increased height (Sports hall medium hurdles)	13a) Demonstrate rhythm and running efficiency over increased height and distance	13a) Take off well in front of the hurdle	13a) Keep eyes and chest facing forwards	Silver Stage 8	Gold Stage 9
	13b) Sprint over obstacles (cane)	13b) Complete obstacle course showing rhythm, control and agility	13b) Maintain good basic running technique when sprinting over obstacles.	13b) Understand that stride patterns determine which leg clears the hurdle first	13b) Identify optimal distance between hurdles to maintain 3 stride pattern	13b) Demonstrate good linear lead leg, with knee driving straight at hurdle in take off	13b) Drive the lead leg heel towards the hurdle in flight		
	13c) Sprint over and between obstacles, using a consistent stride length and pattern	13c) Sprint over and between obstacles, using a consistent stride length and pattern	13c) Use a consistent stride pattern between hurdles within hurdle grid	13c) Show rhythm and does not 'reach for the hurdles'	13c) Demonstrate hurdle walkover drills with good posture, balance and correct foot placement. i)Hurdle stepover ii)Can-Can iii)Hurdle side steps	13c) Drive forward more than upward at take off	13c) Lean body forward keeping shoulders ahead of hips in clearance phase		
	13d) Sprint straight down the line of obstacles	13d) Sprint straight down the line of obstacles	13d) State a 'lead leg' preference when sprinting over hurdles	13d) Demonstrate confidence in leading with either leg to sprint over an obstacle	13d) Demonstrate hurdle mobility drills with good posture and technique	13d) Full extend hip, knee and ankle joints at take off	13d) Use a fast arm action when clearing a hurdle		

				13e) Active use of arm action to aid running speed over hurdles.	13e) Demonstrate a dynamic lead leg		13e) Demonstrate lead and trail leg hurdle drills with good basic technique	13e) Demonstrate hurdle walkover and run over drills at increased speed whilst maintaining technique.		
					13f) Demonstrate a short lateral trail leg.					

Running in teams Relay	Beginner	Developing (RUN School Rabbits)			Practising (RUN School Run)			Emerging (Athletes)		
										
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14. Relay	14a) Complete relay challenge as part of a team	14a) Change baton with visual exchange in stationary position	14a) Change baton with non-visual exchange in stationary position – use both hands	14a) Change baton with non visual exchange at jogging pace 0 use both hands	14a) Demonstrate confidence in unsighted exchanges at speed	14a) Accelerate rapidly away from an incoming runner	14a) Demonstrate confidence in unsighted exchanges at high speed	14a) Use three point start position as an outgoing runner	14a) Perform a sprint start with relay baton	
	14b) Co-operate with others in team	14b) Use voice command for receiving partners	14b) Pass baton (stationary) using basic 'push pass' technique	14b) Pass baton (jogging) using basic 'push pass' technique – use both hands	14b) Pass baton at 'Fast Stride' pace using 'push pass' technique - use both hands	14b) Catch an accelerating runner during relay changeover	15b) Pass and receive at high speed using the push pass technique – use both hands	15b) Use acceleration zone to maximise speed of change over	15b) Perform an effective relay exchange in competition.	
		14c) Receive baton/object safely in stationary position – with both hands	14c) Receive baton (stationary) safely using 'Push Pass' technique – with both hands	14c) Receive baton safely (jogging) using 'push pass' technique – both hands	14c) Receive baton safely at 'Fast stride' pace using 'push pass' technique – use both hands	14c) Exchange baton in designated zone	14c) Use check marker to judge incoming runner	15c) Show clear understand of the 4 x 100m & 4 x 400m rules	14c) Analyse and provide feedback on performance of a team	
			14d) Do all above at walking pace	14d) Stand in the correct position within the lane so as to avoid collision	14d) Work with a team to develop performance	14d) Able to exchange baton on bend	14d) Run with baton in right hand for bend running and left hand for straights running			

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Running for distance Endurance running and Race Walking 15. Endurance Running Technique	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)	15a) Demonstrate all of running technique (Section 11)
	15b) Copy movement of leader with coordination and control	15b) Active mid foot contact when running	15b) Demonstrate an active mid foot action in order to sustain efficient running technique	15b) Demonstrate Arm Technique similar to sprinting action but less pronounced	15b) Heel is cycled underneath the buttock in recovery phase, but not as pronounced as sprinting action	15b) Demonstrate relaxed rhythmical running with no visual tension for several minutes	15b) Adjust running pace smoothly	15b) Maintain pace and techniques fatigue occurs	15b) Maintain technical performance in completion conditions.	
	15c) Steady running for 1 minute	15c) Steady running for 2 minutes	15c) Demonstrate pace judgement to within 10 metres of designated target	15c) Demonstrate pace judgement to within 5 metres of designated target	15c) Demonstrate consistent pace judgement over fixed distance	15c) Demonstrate consistent pace judgment over varied distance	15c) Maintain own pace regardless of other athletes 'pace	15c) Demonstrate pace judgement and ability to accelerate when required		
	15d) Sustained pace running for 30 seconds	15d) Sustained Pace Running for 1 minute	15d) Steady Running for 3 minutes	15d) Steady running for 5 minutes	15d) Steady running for 10 minutes	15d) Steady running for 20 minutes	15d) Steady running for 30 minutes	15d) Steady running for 45 minutes	15d) Steady running for 60 minutes	
			15e) Sustained Pace Running for 2 minutes	15e) Sustained pace running for 3 minutes	15e) Sustained pace running for 5 minutes	15e) Sustained pace running for 10min-3km	15e) Sustained pace running for 3km-5km	15e) Sustained pace running for 5km-8km	15e) Sustained pace running for 5km -10km	

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16. Race Walking	16a) Steady walking for 1 minute	16a) Steady walking for 2 minutes	16a) Steady walking for 3 minutes	16a) Steady walking for 5 minutes	16a) Steady walking for 10 minutes	16a) Steady walking for 20 minutes	16a) Steady walking for 30 minutes	16a) Steady walking for 45 minutes	16a) Steady walking for 60 minutes	
	16b) Sustained pace walking for 30 seconds	16b) Sustained pace walking for 1 minute	16b) Sustained pace walking for 2 minutes	16b) Sustained pace walking for 3 minutes	16b) Sustained pace walking for 5 minutes	16b) Sustained pace walking for 2km	16b) Sustained pace walking for 3-4km	16b) Sustained pace walking for 5km	16b) Sustained pace walking for 5-10km	
	16c) Use bent arms driven backwards and forwards to balance leg action	16c) Walk with relaxed full upright posture	16c) Walk with relaxed shoulders and shoulders square to the front	16c) walk with strong push off from the rear foot	16c) Race walk on a line with balance and control, remaining tall with relaxed arm action	16c) Walk short sprints maintaining good technique	16c) Walk with circular hip action	16c) Maintain correct control of circular hip action at different distances and speeds	16c) Maintain correct control of circular hip action under full completion conditions	
	16d) Walk gradually increasing the pace, not breaking into running	16d) Walk with straight leg at contact and through vertical	16d) Hands swing to the centre of the body and elbows drive backwards so hands end just above hips	16d) Change length of stride from long to short and short to long	16d) Change cadence of stride from slow to fast retaining technique	16d) Walk with rhythm and relaxation, keeping the foot low to ground on recovery	16d) Pull leg back quickly on heel strike	16d) Show ratio of approximately 60:40 behind:in front of CoM at different distances and speeds	16d) Show ratio of approximately 60:40 behind:in front of CoM under full completion conditions	
	16e) Lands controlled on the heel	16e) One foot to maintain contact with the ground at all times	16e) Looks forward keep the head level whilst race walking	16e) Front foot planted on heel with toes up position	16e) Support leg is straight and remains extended as long as possible in the Rear Support Phase	16e) Front foot lands smoothly on the heel while rear foot is in a heel up position	16e) Both legs are extended with toes pointing ahead in the double support phase			