



MOVING ON MY FEET



The skill you use to move on your feet changes depending on **HOW YOU MOVE** your body, the **SPEED** of your movement, the **LEVEL** of effort you use, and the **FORCE** that you apply to the movement. Use this chart to help you compare and contrast the differences between the following four fundamental movement skills: **walking**, **jogging**, **running**, and **sprinting**!



WALKING

Between steps, there is always one foot on the ground.

Hands swing low near hips in opposition to legs.

Stepping knee does not lift very high.

Trunk is upright.



JOGGING

Between steps, both feet are in the air at the same time.

Arms swing on side of body in opposition to legs.

Stepping knee lifts slightly higher than when walking.

Trunk leans slightly forward.



RUNNING

Between steps, both feet are in the air at the same time.

Arms pump on side of body in opposition to legs.

Stepping knee lifts high for nice, long steps.

Trunk leans forward.



SPRINTING

Between steps, both feet are in the air at the same time.

Arms pump hard on side of body in opposition to legs.

Stepping knee lifts high and fast for powerful steps.

Trunk leans as far forward as possible before falling over.



Speed of my body.



Speed of my body.



Speed of my body.



Speed of my body.



SLOW SPEED



MEDIUM SPEED



FAST SPEED



FASTEST SPEED



Level of my effort.



Level of my effort.



Level of my effort.



Level of my effort.



LOW LEVEL



MEDIUM LEVEL



HIGH LEVEL



VERY HIGH LEVEL



Force that I apply.



Force that I apply.



Force that I apply.



Force that I apply.



LIGHT FORCE



MEDIUM FORCE



STRONG FORCE



STRONGEST FORCE