

# Running Races

Name: \_\_\_\_\_

## Activity 1

Stand with your feet  
behind the start \_\_\_\_\_.

lane  
line

Wait for the \_\_\_\_\_  
to blow the whistle.

coat  
coach

Move your arms  
in time with your \_\_\_\_\_.

legs  
logs

Stay in your lane  
for all of the \_\_\_\_\_.

race  
rice

Run right up to the \_\_\_\_\_  
at the end of the lane.

table  
tape

**stand** \_\_\_\_\_

**start** \_\_\_\_\_

# Running Races

Name: \_\_\_\_\_

## Activity 2

Wait

Go

Stand

1. \_\_\_\_\_ to your start lane.  
\_\_\_\_\_ behind the line.

2. \_\_\_\_\_ for the coach  
to blow the whistle.

Move

Take

Stay

Start

3. \_\_\_\_\_ to run,  
but do not run too fast at first.  
\_\_\_\_\_ in your start lane.

4. \_\_\_\_\_ to the left lane  
when you get to the green flag.  
\_\_\_\_\_ care not to trip up  
other runners in the race.