



Run, Jump, Throw

Run, Jump, Throw (RJT) is Athletics Canada's and Athletics Manitoba's official grassroots program of physical activity for children and youth. RJT contributes to the development of fundamental motor skills such as running, jumping, and throwing through a series of lessons that focus on skill acquisition, sport education and participatory/team competition. The program is designed to give children a strong background in sport skills that will serve them well in other sports and throughout their lives. No matter what sort of physical endeavor children attempt in their lifetime, the mechanics of running, jumping, and/or throwing will inevitably come into play.

RJT NCCP Certification

The NCCP RJT Instructor Course trains Instructors to develop fundamental motor skills such as running, jumping and throwing in children ages 6 through 12. Coaches can be trained as RJT Instructors by attending a weekend workshop and delivering the program through their club or school based programs. **The program can also be delivered to teachers in a one day professional development format.** Once trained, instructors will be able to:

- Plan a practice
- Use progressions to teach fundamental motor skills to children
- Understand and apply the progressions used to teach basic track and field skills
- Apply Run, Jump, Throw activities to other sport programs (soccer, basketball, etc)
- Use resources in ongoing physical education school programs
- Coach grassroots track and field athletes in a track club or school program
- Work as a Run, Jump, Throw Instructor

Course Fee: \$65.00 per person all materials including fully scripted lesson plans, educational DVD and reference materials.

Run, Jump, Throw Presentation (Non NCCP Certified)

- 4 hours in length
- Included in the presentation:
 - How RJT fits in with General Athletic Development and Athletics Canada's Long Term Athlete Development plan
 - Overview of the technical progressions
 - RJT Games and activities
 - Hershey's Track & Field Games information and implementation guidelines
 - Practical resource package

Clinic Fees:

- \$15 per participant.
- Clinics outside of the City of Winnipeg will be assessed a travel fee of .25 per kilometer.

Clinic Requirements:

- Minimum of 10 participants required.
- Classroom or meeting room, Gymnasium, television, VCR/DVD and overhead projector

For more information regarding Run, Jump, Throw please contact:

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