

RunJumpThrow: PRESENTATION



The RunJumpThrow Presentation is 4 hours in length and is designed to give Teachers and Special Interest groups a look into the Modules of RJT.

While this presentation offers no Certification Training, it is an introduction to the teachings and theories of the program. Topics covered include 'Why RJT' and 'General Athletic Development' – which describe the details of physical literacy and its importance. Also – lots of time is included for RJT Games and Practical Application so you can see the program in action.

SAMPLE PRESENTATION SCHEDULE

TIME	MODULE
8:30 – 9:00	Welcome, Introduction & Athletics for Life Video
9:00 – 9:45	Why RJT? and General Athletic Development
9:45 – 10:00	BREAK
10:00 – 12:00	Teaching progressions for Run, Jump & Throw with Games and application
12:00 – 12:30	Options for workshops and Delivery and RJT Certification

COSTS (subject to HST):

Minimum of 10 participants required

Per person	* \$35
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*Prices may vary due to other workshop costs - venue rental etc

Each participant will receive sample lesson plans, Long Term Athlete Development Model (LTAD) Information, BC Athletics and RJT Promo Materials.

For Questions or Workshop Registration Information:

Runjumpthrow@bcathletics.org or 604.333.3554