

# RunJumpThrow: ONE-DAY IN-SERVICE

For Teachers



This RunJumpThrow One-Day In-Service is available for:

- BC Elementary and Secondary school teachers
- Completion of this One-Day In-Service does fulfill NCCP RJT Certification Training
  - For Certification, the Ethics module must be completed online with the Coaching Association of Canada (CAC) – following the RJT In-Service

The One-Day In-Service is 8 hours in length, and is designed and tailored to Teachers. With in-depth analysis around 'Why RJT', the Long Term Athlete Development Model & General Athletic Development, and the performances and breakdowns of each skill: Run, Jump & Throw. There are also ideas and explanations on how to integrate the program into your everyday teachings. Perfect for a Professional Development Day in your school or District.

All participants will receive the RJT NCCP Instructor Kit of books, including: (1) Teacher Resource Manual, (2) Technical Progressions Manual & DVD, (3) Instructor Workbook, and (4) Reference Guide

## Sample Course Schedule (TIME – MODULE)

8:30 – 9:00	Welcome, Introduction and Athletics for Life Video
9:00 – 10:00	Why RJT? and General Athletic Development
<b>10:00 – 10:15</b>	<b>BREAK</b>
10:15 – 11:15	Analyzing Performance: RUN
11:15 – 12:15	Analyzing Performance: JUMP
<b>12:15 – 1:00</b>	<b>LUNCH BREAK</b> (Optional: Dartfish Demonstration)
1:00 – 2:00	Analyzing Performance: THROW
2:00 – 3:15	RJT Lessons and Practical Teaching
3:15 – 4:00	Safety and Emergency Action Planning

## COSTS (subject to HST):

Minimum of 6 participants required

Per person	* \$75
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Each participant will receive Long Term Athlete Development Model (LTAD) Information, BC Athletics and RJT Promo Materials.

For Questions or Workshop Registration Information:

[Runjumpthrow@bcathletics.org](mailto:Runjumpthrow@bcathletics.org) or 604.333.3554

\*Prices may vary due to other workshop costs - venue rental etc