

# RunJumpThrow: TWO-DAY NCCP Course

For Community Leaders



This RunJumpThrow Two-Day Course is available for:

- Community leaders, coaches, parents or anyone interested in learning about Physical Literacy and grassroots sports skills!
- Completion of this Two-Day Course 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 Course

This Two-Day Course is 15 hours in length, and can be designed and scheduled to meet the needs of your group (Saturday & Sunday, or two Saturdays in a row, etc.) With in-depth analysis into: planning a lesson, teaching and learning, roles and responsibilities, safety and Emergency action planning.

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 SCHEDULE – DAY 1

830 – 930	Welcome, Intro, Athletics For Life Video
930 – 1100	Why RJT? General Athletic Development
1100 – 1215	Risk Management/Emergency Action Plan (EAP)
1215 – 100	Lunch
100 – 215	Analysis: JUMP
215 – 315	Analysis: RUN
315 – 430	Analysis: THROW
Departing Notes	Brief for Day 2 – overview etc.

## SAMPLE SCHEDULE – DAY 2

830 – 930	Planning a Lesson
930 – 1015	Lesson Planning Group Work
1015 – 1145	Teaching & Learning
1145 – 1235	Lunch
1235 – 230	Roles & Responsibilities: Ethics
230 – 430	Practical Teaching
430 - 500	Practical Teaching Debrief
Departing Notes	Online Ethics & Closing Notes

## COSTS (subject to HST):

Minimum of 6 participants required

Per person

\* \$95

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 hosting costs - venue rental etc.