



Developed by Athletics Canada and **presented by BC Athletics**, RJT is the grassroots development program for our sport. This **FUNDamentals** program teaches the skills of running, jumping and throwing and the technical skill progressions for track and field events. It is designed for boys and girls ages 6-12, has progressions for older athletes, and can be adapted for special needs.

Did you know?

- ◆ There is a “critical period” of motor skills development in youth that if missed will limit a child’s athletic potential for the rest of his/her life. For girls this window of opportunity is 8-11 years of age and for boys it is 9-12 years of age.
- ◆ The skills of running, jumping, and throwing form the basis of all land based sport and as such, **RJT** is a foundation program from which all youth can benefit.
- ◆ Girls are often introduced later than boys to the basic skills needed to excel in sport.

RJT is:

- Recognized as a best practice within the Action Schools! BC framework
- Inclusive for all abilities and maturational stages
- Broad based and progressive
- Gender equitable
- Adaptive to special needs and athletes with disabilities

RJT stresses:

- Skills of RUNNING, JUMPING and THROWING in age appropriate sequential progressions
- Many intended learning outcomes in the provincial curriculum IRP’s
- FUN in a SAFE and ACTIVE learning environment
- Improvement in physical and emotional well being
- Equal opportunities for girls and boys

Turn over to see how **RunJumpThrow** can fit into your Action Schools! BC Action Plan.

This project is part of the BC Sport Participation Program, supported by:

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Make RunJumpThrow a part of your Action School!

RunJumpThrow fits the Action Schools! BC framework for action by delivering to all six Action Zones:

School Environment	Family and Community
<ul style="list-style-type: none"> RJT is SAFE, FUN, FAIR, and INCLUSIVE. RJT promotes team building while also celebrating individual performance and effort. RJT activities are perfect healthy choices for morning, lunch or after-school programs. 	<ul style="list-style-type: none"> Teachers, parents and high school leaders can all be RJT instructors. RJT's FUNdamental skills program is well suited for special needs children and athletes with physical disabilities. RJT skills benefit family activities like skiing, cycling and tennis.
Scheduled Physical Education	Classroom Action
<ul style="list-style-type: none"> RJT is taught in 10 – 40 minute lessons or 15-20 smaller units. RJT skills are ideal for warm up activities for all sports. RJT has four progressive levels with skills for each grade. Cost effective workshops with resource materials are available. 	<ul style="list-style-type: none"> RJT skills taught in science class demonstrate the benefits to heart, bones and muscles. RJT trained BC Olympians and Track and Field athletes can demonstrate skills and talk to classes about their experiences to show that RJT not only builds healthy bodies but improves self-esteem and lives.
Extra-Curricular	School Spirit
<ul style="list-style-type: none"> RJT can be delivered as an after-school track and field program with competitive opportunities. RJT's FUNdamental skills enhance performance in community and school teams such as track and field, volleyball, soccer, softball and basketball. 	<ul style="list-style-type: none"> RJT offers "Sports Day in a Bag" with an optional schedule of events, and 4 colour equipment to purchase. RJT challenges throughout the year can earn points for homerooms, teams or houses.

To book an RJT Teacher workshop or presentation, to purchase equipment and for workshop costs contact: runjumpthrow@bcathletics.org Check for upcoming events at: www.bcathletics.org/main/rjt.htm .

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