

# Teacher Pro-D Course

The RJTW Teachers Only in-service course is **7 hours in length** and is designed specifically for **BC Elementary and Secondary school teachers**.

Completion of the course provides a **NCCP credit** from the **Coaching Association of Canada**.

Includes:

An in-depth analysis around 'Why RJTW' & General Athletic Development

Practical skills to teach: **running, jumping & throwing**

An additional option to include a **wheeling** movement skills module

*(currently only available in BC! Module delivery dependent on location and equipment access.)*

Lesson plans ready to integrate into everyday teachings OR perfect for a track & field PE unit.

Each participants receive the NCCP Instructor Kit of Manuals: (1) Teacher Resource Manual, (2) Technical Progressions Manual, (3) Instructor Workbook, and (4) Reference Guide

## SAMPLE COURSE SCHEDULE

TIME	MODULE
8:30 – 9:00	Setting the Scene: Welcome, Introduction & Athletics for Life Video
9:00 – 10:15	Why RJTW? General Athletic Development
10:15 – 10:30	<b>BREAK</b>
10:30 – 11:30	Developing Fundamental Movement Skills: RUN <i>*Optional Developing WHEEL Movement Skills module can be added</i>
11:30 – 11:45	<b>BREAK</b>
11:30 – 12:30	Developing Fundamental Movement Skills: JUMP
12:30 – 1:15	<b>LUNCH</b>
1:15 – 2:15	Developing Fundamental Movement Skills: THROW
2:15 – 2:30	<b>BREAK</b>
2:30 – 3:15	Overview of a Practice: Presentation of RJTW Lessons & Games
3:15 – 4:00	Safety & Emergency Action Planning
4:00 – 4:30	Wrap-Up/Questions & Options for Delivery

## COST

**\$75.00\* + GST / Participant**

**BC Athletics members (current registration required) -20%**

**Minimum of 6 teachers required**

*\*Prices may vary due to other workshop related costs*

*\*Group rates available*

**Questions or workshop registration information?**

Please contact the RJTW Coordinator

[runjumpthrowwheel@bcathletics.org](mailto:runjumpthrowwheel@bcathletics.org)

604-333-3554

