

One-Day Community Workshop

The RJTW One Day Community Workshop is **8 hours in length** and is designed for:
recreation leaders, community sport leaders, parents or anyone interested in learning about general
physical literacy and grassroots sport skills!

The presentation provides a **Pro-D 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 WORKSHOP 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	BREAK
10:30 – 11:30	Developing Fundamental Movement Skills: RUN <i>*Optional Developing WHEEL Movement Skills module can be added</i>
11:30 – 11:45	BREAK
11:30 – 12:15	Developing Fundamental Movement Skills: JUMP
12:15 – 1:00	LUNCH
1:00 – 2:00	Developing Fundamental Movement Skills: THROW
2:00 – 2:15	BREAK
2:15 – 3:30	Planning a RJTW Lesson + Safety & Emergency Action Planning
3:30 – 4:00	Overview of a Practice: Presentation of RJTW Lessons & Games
4:00 – 4:30	Wrap-Up/Questions & Options for Delivery

COST

\$65.00* + GST / Participant
BC Athletics members (current registration required) -20%

Minimum of 6 participants required

*Prices may vary due to other workshop related costs

Questions or workshop registration information?



Please contact the RJTW Coordinator
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