

Sheraton Vancouver Wall Centre, Vancouver BC

June 14, 2015



As part of the 2nd annual International Physical Literacy Conference last Sunday, a RunJumpThrowWheel demonstration was held... for **adults!** The idea of the demo was to give the conference delegates a taste of what the RJTW program provides: being active and having fun, through teaching fundamental movement skills and developing physical literacy using track and field inspired games, activities and skill challenges. A handful of RJTW instructors and volunteers led the participants through four different stations where the young-at-heart were able to try their hand at events such as hurdles, high jump, and javelin. Instructors also incorporated wheeling and seated throws adaptations to the activities at running and throwing stations.

In addition, thanks to [BC Wheelchair Sport](#) and [Athletics Canada](#), a designated wheel station provided an opportunity to try out the racing chairs and educate around para-athletics within track and field. The activities were a hit and showcased the safe, fun and fair environment that the RunJumpThrowWheel program embodies. Difficulty levels were easily adjusted to account for the individual fitness and ability levels of each participant, which create fun yet challenging activities for all. A big thank you to all the facilitators, instructors and everyone who made the RJTW event possible!

If you are interested in how the RJTW program can benefit your school, community recreation program, sport group, club, etc. please visit <http://runjumpthrowwheel.ca/> for information on how you can get involved! Both program delivery and instructor training options are offered, designed to fit your individual needs!

