



2009 WORKSHOP

8 HOUR RUN JUMP THROW TEACHER CERTIFICATION COURSE

Complete Course Packages for each participant, which includes:

- RJT Manual
- Lesson Plans
- Instructor Workbook
- Reference Manual/Supplementary Materials
- Technical Progressions
- Teacher Skill Analysis CD

Sample Schedule:

Time	Module
8:30-8:45	Welcome, Introduction & Course Description
8:45-9:15	Athletics for Life Video/ Why RJT?
9:15-10:00	General Athletic Development
10:00-10:30	Break (move to Gym)
10:30-11:00	Analyzing Performance: RUN
11:00-11:30	Analyzing Performance: JUMP
11:30-12:00	Analyzing Performance: THROW
12:00-1:00	Lunch Break -demo of Dartfish tool
1:00-2:00	RJT Lessons and Games
2:00-3:00	Safety and EAP
3:00-4:30	Practical Teaching and Learning with kids**

**The practical teaching component should incorporate 10-20 children aged 5-12 if possible. If children are not available to participate, the course participants will teach to each other.