

Build a foundation for
success simply by having
fun!



Athletics Canada's Run Jump Throw program focuses on:

- a fun and active learning environment
- individual improvement and positive reinforcement
- developing the skills of running, jumping and throwing in age appropriate sequential progressions
- improvement in physical and emotional well-being
- safety and certified instruction

It's fun, it's simple, and kids love it. Running, jumping and throwing skills are the key to all land-based sports, and can benefit all youth.

Making Fundamentals Fun

Children who learn fundamental running, jumping and throwing movement skills through track and field acquire a strong foundation for success in all other sports and physical activities. To help prepare them for a lifetime of excellence and diversity in active living, Athletics Canada offers the Run Jump Throw program to the schools, clubs and communities across the nation.

Run Jump Throw uses a fun and active learning environment. The program focuses on the enhancement of physical fitness, health and physical development for children 7-12 years of age.

This gender equitable program spans all abilities and maturational stages, and is adaptive to students with special needs and athletes with disabilities. Run Jump Throw is a great after school or Saturday morning program in which parents and family members can participate as instructors.

A Head Start to a Healthy life

The goal of Run Jump Throw is to supply a program of physical activity that serves as a strong foundation for all sports. Highly regarded by Sport Canada's Long-Term Athlete Development expert group, Run Jump Throw assists children in learning to move efficiently so that they grow into adults who are active, productive and healthy citizens.

Any teacher, sport club coach or community recreation leader is capable of delivering the basic Run Jump Throw movement fundamentals in fun and innovative ways. Contact your provincial branch of Athletics Canada to find out how you can become a Run Jump Throw instructor.

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:

- Inclusive for all abilities and maturational stages
- Broad based and progressive
- Gender equitable
- Adaptive to children/youth with disabilities

RJT stresses:

- Skills of RUNNING, JUMPING and THROWING in age appropriate sequential progressions
- FUN in a SAFE and ACTIVE learning environment
- Improvement in physical and emotional well being
- Equal opportunities for girls and boys



RJT is safe, fun, fair and inclusive...

- RJT promotes team building while also celebrating individual performance and effort.
- Teachers, parents and high school leaders can all be RJT instructors.
- RJT’s FUNdamental skills program is well-suited for children/youth with physical and intellectual disabilities.
- RJT can provide a fun interactive environment for rehabilitation.
- RJT skills benefit family activities like skiing, cycling and tennis, and can serve as an introduction to sports opportunities often not considered an option for children/youth with a disability.
- RJT trained Leaders can demonstrate skills and talk to groups about their experiences to show that RJT not only builds healthy bodies but improves self-esteem and lives.
- RJT can be delivered as an afterschool track and field program with competitive opportunities, or as a unit within a physical education program.

RJT and the new NCCP



The NCCP is currently undergoing a transition toward a competency-based program. One of the key implications for the coach is that training will now be targeted at “what a coach can do” as opposed to “what a coach knows”. In the new, competency-based system, training and certification programs are based on the clearly defined needs of participants.

A coach is now able to be trained within any one of the eight different coaching contexts which are specific to the type of athlete they are working with, and can progress through to a “Master Coach” level in any context. Each of these eight contexts fall within one of three streams, Community Sport, Competition and Instruction. Run Jump Throw fits into the Instruction stream at the Beginner Level.

What this means is that Run Jump Throw is geared towards working with participants who have little or no sport experience and teaching them basic sport skills.

How do I become a RJT Instructor?

- 1) Contact your provincial branch and register for a Run, Jump, Throw (RJT) Instructor Course
- 2) Attend and fully participate in the two-day workshop (or one day workshop for teachers)
- 3) Following the successful completion of all course activities, the course participant will be considered a **Trained** RJT Instructor. The Trained designation will enable the Instructor to be coaching/teaching in a RJT program immediately.

To become a **Certified** RJT Instructor...

- 4) Complete the on-line Ethical Decision Making Evaluation 1
- 5) Contact your provincial branch and arrange for an Evaluator to observe you teaching an RJT lesson
- 6) Submit a Lesson Plan and Emergency Action plan to your Evaluator



OUTCOMES REQUIRED FOR CERTIFICATION

Specific Outcomes for the RJT Instructor

As a result of participating in this training workshop, instructors will be trained to:

For certification, an instructor must do the following:

Roles and Responsibilities

- Apply basic decision-making framework to typical RJT ethical dilemmas and determine a resolution in a manner consistent with the NCCP Code of Ethics
- Understand his/her liability
- Understand his/her professional role
- Complete the on-line evaluation for the Ethical Decision-making module offered by the Coaching Association of Canada
- Sign the NCCP Code of Ethics
- Be dressed in a professional and safe manner that is consistent with what an RJT Instructor should wear

Analyzing Performance

- Using appropriate reference models and methods, demonstrate the ability to analyze technique of a typical RJT participant.
- Using appropriate methods, assess the technique of the participant and identify appropriate corrective measures
- Communicate the result of the analysis to the participant
- Observe 3 RJT participants
- Identify the main error in each participant
- Prescribe corrective measure

Safety

- Know about hazards and risks associated with Run Jump Throw
- Provide a safe environment for RJT
- Know about his/her liability
- Develop an Emergency Action Plan appropriate to Run, Jump Throw environments
- Identify potential hazards/risks associated with own facility and other facilities
- Ability to manage risks associated with RJT and Facility

Planning to Teach a Lesson

- Plan a lesson appropriate for the typical RJT session
- Understand the need to make adaptations to meet the needs of a variety of participants (AWAD, Aboriginal etc)
- Role of the "windows of opportunity" in the participants' general athletic development
- Submit 1 lesson plan for RJT participants showing goals of lesson, skill to be taught equipment to be used, drills and skill progression to be used appropriate to the participants "window"
- Demonstrate an understanding of growth and development principles.

Skill acquisition and outcome

Teaching a Lesson

- Understand and practice elements of teaching a lesson in the area of running, jumping and throwing
- Understand the stages of skill development
- Demonstrate professional behavior when teaching sessions appropriate for RJT participants
- Teach the mechanics of running, jumping and throwing to RJT participants using positive and timely feedback
- Identify errors and communicate corrective measure
- Adapt instructional and professional behaviours to the characteristics of the participants





Run Jump Throw and The Hershey Track and Field Games

Run Jump Throw = developing the skills of running, jumping and throwing in age appropriate sequential progressions and improving physical and emotional well-being.

Hershey Track and Field Games = introducing physical fitness through the basics of running, jumping and throwing, while encouraging youth to reach their potential and achieve a sense of accomplishment.

By partnering these two developmental programs all across the country, we've not only created opportunities for youth to learn the basics of track and field in fun, inclusive and inter-active environments but also provided them with competitive opportunities to try out those new skills.

The two programs are extremely complimentary and by encouraging Run Jump Throw instructors to organize Hershey meets, and Hershey organizers to become Run Jump Throw instructors, we can continue to grow both programs and ensure we are providing our youth with all the opportunities they deserve.

There are many different ways to integrate and combine the two programs. For more information about upcoming RJT and Hershey opportunities please contact your provincial branch.





Hershey's Track and Field Games



For 30 years, HERSHEY'S Track and Field Games have been putting fun into fitness for kids, and it's now the largest youth sports program of its kind in North America. The goal of HERSHEY'S Track and Field Games is to introduce children to physical fitness through the basic track and field events of running, jumping and throwing. The program also strives to encourage children to reach their potential and develop a sense of accomplishment.

Who can Participate?

Boys and Girls between ages 9 and 14 throughout the United States and Canada. Age group classifications are determined by the participant's age on December 31 of the current program year.

School Program—An alternative to local track meets

If your community does not hold a local meet, your school's field day could become the local meet for the community. Finalists then advance to the summer district and/or state/provincial meets. In communities where a local Parks and Recreation meet is held, the school could conduct a joint meet with the local Parks and Recreation department.

Local, State/Provincial and Regional Track Meets

Local, district and state/provincial meet dates vary and are determined by the state/provincial chairperson.

Local meets—held in the spring and early summer

District meets—held a few weeks after the local meets (May or June)

State/Provincial Meets—some take place in May but are usually held in late June and early July

North American Final—held in Hershey, PA in August

How does the program work?

The Hershey's Track and Field Games are conducted on both a recreational and educational level. The program teaches basic running, jumping and throwing skills on the playgrounds and in the schools. No special equipment or uniforms are required.

Winners of the local and district meets progress to the next level. Not every state/provincial winner advances to the North American Final. Winners are placed in a regional pool of state/provincial finalists and become eligible to be chosen for the North American Final. Approximately 540 boys and girls representing Canada, all 50 states and the District of Columbia participate in the North American Final. Each participant receives an all-expense-paid trip to Hershey, PA for four days of fun-filled events including the North American Final.

