



## RJTW Community Recreation Course Participant Registration Form

**Date:** Sunday, September 13<sup>th</sup>, 2015

**Learning Facilitator:** Glenda Newsted (Co-Facilitator Katie Klassen)

**Location:** Golden Recreation Centre, Golden, B.C.

**Time:** TBC (8:30am-4:00pm format)

**Contact:** Meghan Butterworth ([meghan.butterworth@bcathletics.org](mailto:meghan.butterworth@bcathletics.org)) – T: 604.333.3554

**Cost:** \$50.00 + GST (includes manuals)

**Participant Information:** Please fill out the following fields and submit this form to **Meghan Butterworth** by email [meghan.butterworth@bcathletics.org](mailto:meghan.butterworth@bcathletics.org) or fax 604.333.3551

**\*All information required for entry into the *Locker* database**

NCCP# (if previous assigned)	
Last Name	
First Name	
Email	
Phone	
Birth Date	
Gender	
Address	
City	
Postal Code	

### **Course Fees:**

Please fill out payment information below or call Meghan at 604-333-3554 to complete payment by phone.

Run Jump Throw Instructor Training Course Fee <ul style="list-style-type: none"><li>Training Materials (manuals) are included in the course fee</li></ul>	\$50.00	
Tax	5%	\$2.50
Total Owing		\$52.50
Name on card:CC#:	Expiry:	CVV:



## **Sample Course Schedule Sunday September 13<sup>th</sup>, 2015:**

Time	Module	Location
8:30 – 8:30	Welcome, Introduction and Athletics for Life video	Classroom
8:30 – 10:15	Why RJTW? And General Athletic Development	Classroom
10:15 – 10:30	Break	
10:30 – 11:30	Analyzing Performance: RUN	Gym
11:30 – 12:30	Lunch Break	
12:30 – 1:30	Analyzing Performance: JUMP	Gym
1:30 – 2:30	Analyzing Performance: THROW	Gym
2:30 – 2:45	Break	
2:45 – 3:15	Overview of a Practice	
3:15 – 3:45	Safety and Emergency Action Planning	
3:45 – 4:00	Options for delivery and RJTW Certification	Classroom/Gym

*\*TBC – Module order may be changed by LF*

## **Why RunJumpThrowWheel Works:**

- 🏃🏃🏃🏃 The Athletics Canada Run Jump Throw Wheel (RJTW) program can make a significant contribution to a child's ability to acquire fundamental movement skills. RJTW develops basic motor skills such as running, jumping, throwing and wheeling (for children in wheelchairs) and is designed to give children a strong background in sport skills that will not only serve them well in the sport of track & field, but also build an effective skill set that will serve them well in other sports and physical activities.
- 🏃🏃🏃🏃 Physical activity programming for primary school aged children should develop agility, balance, coordination, and speed (ABC's) and thereby instill the capacity and desire for daily play and physical activity. Peak motor skill development occurs between the ages of 8 and 12 years. In general, by the time children reach the age of 6 years, their nervous systems (in particular, the neuromuscular connections and centres in the brain that control movement) are already at about 90% of their adult form.
- 🏃🏃🏃🏃 Because the nervous system is so well developed in early childhood, children are ready and able to acquire and master fundamental motor skills. Sports programs for children should focus on the development of basic skills and technique. At this stage the fundamental motor skills of running, jumping, throwing and catching need to be taught. This is accomplished through well-structured, active movement programs that develop agility, balance, coordination & speed in concert with the fundamental skills mentioned above.
- 🏃🏃🏃🏃 If children are not exposed to opportunities that enable them to develop the capacity to move these various ways during this critical window of opportunity, it is likely that incomplete motor skill development will result. Children who have not developed fundamental motor skills by age 12 will likely never reach their genetic athletic potential. The RJTW program is designed to meet the developmental needs of children in this age group by providing coaches, instructors, care-providers and teachers with the tools to implement lessons where the learning outcomes result in acquisition of a complete fundamental motor skill set