



Program Delivery Options

Direct Delivery

Trained Run Jump Throw instructors visit a school or club to conduct fun, age-appropriate lessons on the basics of movement.

In-Servicing

Experienced Run Jump Throw facilitators visit a school or club to assist teachers/instructors to deliver the program.

Community/Club

Trained Run Jump Throw instructors deliver the program to children to help develop fundamental skills.

National Coaching Certification Program (NCCP) Courses

RJT NCCP Instructor Course (2 Day) Contact your provincial branch of Athletics Canada to register.

RJT NCCP Teacher In-service (1 Day) Specifically designed for teachers so they can deliver Run Jump Throw activities in their classroom. Contact your provincial branch of Athletics Canada to register.

The following resources are provided through participation in Athletics Canada's NCCP Run Jump Throw instructor course:

- Instructor Workbook
- Reference Material
- Technical Progressions CD — featuring video clips of children demonstrating proper techniques.
- Teacher Resource Manual — a progressive guide to teaching fundamental motor skills to children.

The following promotional resources are available for purchase outside of the NCCP course:

- Run Jump Throw Equipment Bag — includes all the materials necessary to run a successful RJT program. * Please refer to main website page for contents and ordering information *
- Fun In A Bag/Athletics for Life DVD — demonstrates Run Jump Throw activities and illustrates the link between the program and all land-based sports.

