

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.