

SASKATCHEWAN ATHLETICS

RUN JUMP THROW WHEEL

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GRASSROOTS CLINIC (RUN JUMP THROW WHEEL, GRADE 1-6)

Run Jump Throw Wheel (RJTW), the grassroots development program for our sport, is designed to introduce children ages 6-12 to the FUNdamentals of running, jumping, and throwing skills using age appropriate sequential progressions. RJTW builds physical literacy transferable to other sports and activities, and promotes a fun, safe, and active learning environment for children. Each RJTW lesson is generally 30-45 minutes for an average group size of 30 children; can be held indoors or outdoors; and equipment is provided (RJTW bag). RJTW can also be adapted for children with special needs. Two clinicians are recommended to conduct a successful RJTW clinic.

NCCP INSTRUCTOR COURSE

This coach context and course is ideal for coaches/teachers/ instructors/parents who have little to no sport experience or wish to teach the basics of fundamental movement skills with games to reinforce skills with young athletes generally between the ages of 6 to 12 years of age (i.e. FUNdamentals & Learn to Train stages in Long Term Athlete Development Model - LTAD). The workshop is for those who are coaching short range events such as 1-day fun days, day camp or afterschool programs, to once a week club or community programs offered over a few months. The focus at this level of coaching is on FUN, skill development and not on competition.

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