



# Run Jump Throw Wheel & More! 2016 Summer Camp



# About Run Jump Throw Wheel...

- Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches **fundamental movement skills** and develops **physical literacy**
- Using **track and field** inspired games, activities and skill challenges led by instructors specifically trained to teach the fundamentals of running, jumping, throwing & wheeling
- Our goal is to provide a **physical activity program** that serves as a **strong foundation for all sports**. Run Jump Throw Wheel assists children in learning to **move efficiently** so that they grow into adults who are active, productive & healthy!

# Camp activities...

- All activities are designed to teach **fundamental movement skills** using developmentally appropriate progressions to introduce and develop skills
- Skill consolidation done through **games and skill challenges**.
- In this 5 day camp, these skills and concepts are introduced through **Track & Field based activities**
- Participants then get to practice their new skills with other **sports and activities** that complement their skill development. Sports may include soccer, baseball, handball, touch football plus other athletic activities



## Skills you will learn...

### Running

- Starting technique
- Posture & body position
- Arm & leg action
- Hurdling
- Pacing
- Relays

### Jumping

- Approach
- Take-Off
- Flight
- Landing

### Throwing

- Preparation
- Building momentum
- Delivery
- Follow through & recovery

### Wheeling

- Hand position & stroke
- Wheeling forwards & backwards
- Turning
- Stopping



# Camp details...

Open to kids **ages 5-10 years old**

Date: **August 8<sup>th</sup> – 12<sup>th</sup> 2016**

Time: **9:00am – 12:00pm**

Location: **Burnaby Central Track & Field Facility**

6011 Deer Lake Pkwy, Burnaby, BC V5G 0A9 - [MAP](#)

Cost: **\$135.00 / participant**

Register online

contact BC Athletics for more info

P: 604-333-3554

E: [meghan.butterworth@bcathletics.org](mailto:meghan.butterworth@bcathletics.org)

## Equipment

- All equipment will be supplied
- We use safe-play implements – all throwing implements are foam or rubber based



## What to bring?

- Participants should wear comfortable active clothes and good running shoes
- Each child should bring clothing suitable for all types of weather. Rain jacket, extra pants, socks, shoes etc.
- Re-useable water bottle and a snack should be brought each day



## Inclement weather

- Our activities are outdoor based...



Camp will be delivered rain or shine!