

# 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 8th - 12th 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

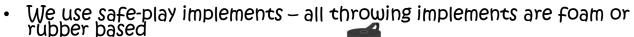
contact BC Athletics for more info

P: 604-333-3554

E: meghan.butterworth@bcathletics.org

## Equipment





### 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...

