



RUN JUMP THROW – NCCP TRAINING COURSE

Oromocto, NB- May 5 06 2012

LEARNING FACILITATOR: Gabriel LeBlanc

Location: Oromocto High School (25 Mackenzie Avenue Oromocto, NB)

COST: \$ 100.00

Run Jump Throw is a grassroots sports skills program designed to teach children the basics of physical movement with technical progressions for track and field events. It is designed to be delivered to boys and girls ages 6 to 12, and can be adapted for disabilities.

After taking this course, you will be qualified to deliver RJT to the children in your own community or school! You will fully understand the basics of Early Childhood Development, and how to help children learn and develop physical literacy while having FUN!

This course will outline the basic skill analysis of running, jumping and throwing; go over fun games with RJT application, and also take time working through Planning a Lesson, Teaching & Learning and Emergency Action Planning!



REGISTRATION FORM AVAILABLE ONLINE AT www.trackiereg.ca

(Deadline to register is May 1st)

FOR MORE INFORMATION, PLEASE CONTACT:

Gabriel LeBlanc
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This course will fulfill the Coaching Association of Canada's - National Coaching Certification Program training requirements for Run Jump Throw.



Course Schedule

Saturday May 5th

- 10-11:00 -Why RJT? LTAD General Athletic Development
- 11:05-11:45 -Risk Management/Emergency Action Plan (EAP)
- 11:45-12:45 -Analysis: RUN
- 12:45-1:30 Lunch
- 1:30-2:30 -Analysis: JUMP
- 2:30-3:30 -Analysis: Throw
- 3:30-5:30 -Planning a Lesson
- Lesson Planning Group Work
- Teaching & Learning



Sunday May 6th

- 10:00-12:00 -Practical Teaching
- 12:00-1:00 Lunch
- 1:00-3:30 -Practical Teaching Debrief
- Roles & Responsibilities: Ethics
- Online Ethics & Closing Notes

All participants will receive the RJT NCCP Instructor Kit of books, including: (1) Teacher Resource Manual, (2) Technical Progressions Manual & DVD, (3) Instructor Workbook, and (4) Reference Guide

