



## About the program



Run Jump Throw Wheel (RJTW) is Athletics Canada's grassroots development program for the Fundamentals and Learning to Train Stages of development. RJTW teaches fundamental movement skills and develops physical literacy using track and field inspired activities and games lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

The goal of Run Jump Throw Wheel 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 and healthy citizens.

Any teacher, sport club coach or community recreation leader is capable of delivering the basic Run Jump Throw Wheel program!

## What We Teach

All activities are designed to teach fundamental movement skills using developmentally appropriate progressions to introduce and develop skills, with skill consolidation done through games and skill challenges.

In an initial 6-8 week program, these skills and concepts are introduced and are subsequently refined in more advanced sessions, working through a progression of 5 skill levels, taking two to four years to complete.

## Running



**Starting technique** – how to accelerate effectively and transition from a stopped positions to running

**Posture & body position** – Proper posture and body position to be able to run effectively

**Arm & Leg Action** – Proper positioning and timing of arm and leg movements

**Hurdling** – how to maintain effective running technique between obstacles and hurdle not jump over obstacles

**Pacing** – how to effectively maintain/mage pace over a distance

**Relays** – used as a fun way to engage participants in group activities and fun races while introducing basic concepts of how to transfer the baton effectively

## Jumping

**Approach** – how to effectively approach a jump so as to be able to take off effectively

**Take-off** – technique and body position to take-off for a jump

**Flight** – Controlling the body in the air to maximize height/distance

**Landing** – How to land safely and effectively absorb impact

## Throwing



**Preparation** – finding an appropriate position from which to initiate a throw

**Building momentum** – How to use your legs to help build momentum

**Delivery** – Proper sequencing and weight transfer to deliver maximum force and accuracy with a throw

**Follow Through & Recovery** – How to effectively complete throwing movement and weight transfer

## Wheeling

For participants in wheelchairs, they will learn throwing techniques from a seated position, while learning proper wheeling technique and control in place of running and jumping. Where

equipment permits, delivery partners are encouraged to include a wheelchair component for all participants.

**Starting technique** – how to accelerate effectively and transition from a stopped positions to running

**Posture & body position** – proper posture and body position in chair

**Pushing** – Proper pushing technique to move the chair forward effectively

**Chair control and steering** – How to effectively maintain balance and steer the chair, including navigation around obstacles

**Stopping** – How to stop effectively so as to avoid collisions