



# runjumpthrow

athletics canada

**WHAT IS IT?** Run, Jump, Throw (RJT) is a program offered by Saskatchewan Athletics that **develops basic motor skills** such as running, jumping and throwing in children ages 8 through 11.

**HOW DOES IT WORK?** During **RJT** sessions, children are engaged in active learning, led by trained Run, Jump, Throw instructors. The program is designed to give children a strong background in basic **track and field** skills that will assist them in sports and activities throughout their lives.

**WHY?** It was developed in response to the staggering **obesity rates** that have been reported in our country and province (Sask. second highest in Canada). Students who have not learned basic movement patterns are less likely to want to try new activities in the future. This program assists students in learning these basic movement patterns which will help them to lead a more active lifestyle. These patterns can be applied to every sport. The list of sports correlations is numerous:

- Learning running mechanics will get a baseball player around the bases faster,
- learning proper high jump technique can be applied to doing lay-ups basketball.



**WHAT IS THE TIME COMMITMENT?** Run Jump Throw is a seven week program. Within the seven week time frame, ten lessons would be delivered to every school. Every week the qualified instructors travel to 5 different schools for two half day sessions and work with 3-4 classes in each school. An example would be as follows:

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>School 1</b> Class A	<b>School 3</b> Class A	<b>School 5</b> Class A	<b>School 2</b> Class A	<b>School 4</b> Class A
<b>School 1</b> Class B	<b>School 3</b> Class B	<b>School 5</b> Class B	<b>School 2</b> Class B	<b>School 4</b> Class B
<b>School 1</b> Class C	<b>School 3</b> Class C	<b>School 5</b> Class C	<b>School 2</b> Class C	<b>School 4</b> Class C
<b>School 1</b> Class D	<b>School 3</b> Class D	<b>School 5</b> Class D	<b>School 2</b> Class D	<b>School 4</b> Class D
<b>School 2</b> Class A	<b>School 4</b> Class A	<b>School 1</b> Class A	<b>School 3</b> Class A	<b>School 5</b> Class A
<b>School 2</b> Class B	<b>School 4</b> Class B	<b>School 1</b> Class B	<b>School 3</b> Class B	<b>School 5</b> Class B
<b>School 2</b> Class C	<b>School 4</b> Class C	<b>School 1</b> Class C	<b>School 3</b> Class C	<b>School 5</b> Class C
<b>School 2</b> Class D	<b>School 4</b> Class D	<b>School 1</b> Class D	<b>School 3</b> Class D	<b>School 5</b> Class D

**ARE THERE ANY RESOURCES?** The program is accompanied by an optional "Run, Jump, Throw" Teacher Manual which provides excellent progression based lesson plans for regular classroom teachers.

**COMMENTS FROM PAST PARTICIPANTS:**

"My class really enjoyed all the activities the instructors presented. They always looked forward to it. I think this type of activity encourages kids to try new things they may not be aware of. It gives them a different perspective on how we move to do things. I only hope it continues and is encouraged in the physical education curriculum."

"Thank you very much for doing run, jump, throw! It was awesome. I had so much fun playing games and you teaching us the proper techniques. I hope you teach it again next year because I'm really looking forward to it."

**FOR MORE INFORMATION CONTACT SASKATCHEWAN ATHLETICS  
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