



## A physically literate child, is an active child

Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy for children 6-12 years of age.

Using track and field inspired games, activities and skill challenges led by instructors specifically trained to teach fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

## Accessible for all

Any teacher, sport club coach or community recreation leader is capable of delivering the basic Run Jump Throw Wheel program! The program is fully integrated and includes adaptations for participants with physical as well as intellectual disabilities and can be delivered in a format suited to your community.

### PROGRAM MISSION

**"Provide programs which enable children to learn to move efficiently, developing confidence and self-confidence and self-esteem so as to become active, healthy and productive members of society and remain active for life."**

## Delivery options

- In servicing: An instructor will come to your school or community group and offer the program for you.
- Local delivery partners: Delivery partners include clubs, community associations, municipalities and other groups passionate about getting children active and offer a variety of programs on a recurring basis.

For more information on the RJTW program in BC, please visit [www.bcatletics.org](http://www.bcatletics.org)

or contact Meghan Butterworth, RJTW Coordinator

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