



Athletics NZ Run Jump Throw

*Athletics NZ believes that maximising participation is the key to enjoyment and success in Kids Athletics
"Run Jump Throw: More Kids, More Active, More Often"*

Run Jump Throw is Athletics New Zealand foundation programme for teaching athletics specific skills to kids aged 5-11. It's based on the philosophy that the development of skills, in a fun environment, is the key to participation. The emphasis is on the development of fundamental movement patterns, and is the foundation to correct movement techniques. We understand that every club is different so we have created a programme that is flexible and can easily fit into every club throughout New Zealand.

The programme is broken down into 3 areas and includes the following skills:

RUN	JUMP	THROW
Sprints	Long Jump	Discus
Starts	Triple Jump	Shot Put
Hurdles	High Jump	Javelin
Distance	Pole Vault	Hammer
Relays		

Level 1: Parent/Teacher Coach (2 Hours)

Level 1 is aimed at teachers and parent helping to coach athletics in their school and club communities. The course is practical and covers the basic skill progressions for Run Jump Throw skills while giving coaches some basic ideas of how to maximise participation, including how to modify equipment and activities to suit all ability levels.

Level 2: Run Jump Throw Coach (7 Hours)

The Level 2 course is also practical with some theory. The practical component is an extension on Level 1. Participants will learn more about the skill progressions and more activities to help maximise participation. There is also more time spent on child development and the coaching process. In this course we also begin to learn more about the STEP concept used to help modify activities based on different skill levels (including those with disabilities)

Level 3: Run Jump Throw Endorsed Coach (7 Hours)

Level 3 is designed to develop Run Jump Throw Coaches competencies in three (3) areas:

- Practical coaching competence in the general principles: communication, group management, safety, organization and instruction of practical activity.
- Practical coaching competence in the development of the fundamental skills of running, jumping and throwing.
- An understanding of long-term athlete development and their needs.
- It will also include events not covered at level 1 or level 2 such as Hammer and Pole Vault.