



1) Community Introduction to Physical Literacy

In partnership with BC Athletics, Gymnastics BC, PacificSport Fraser Valley, this free and interactive 2-hour session will introduce and share the Canadian Sport for Life model with an emphasis on physical literacy to all attendees. The purpose will be to provide an information session that will cover the importance of physical literacy as it applies to our youth and children using practical elements of the Kids CanMove and the RunJumpThrow programs. Everyone in the community is invited to attend this amazing opportunity and experience the importance of physical literacy!!

2) Physical Literacy Workshops

Teaching our children and youth the importance of fundamental movement patterns with the foundation skills identified within the sports of athletics and gymnastics should be a priority in all of our communities. In partnership with BC Athletics, Gymnastics BC, PacificSport Fraser Valley, these workshops will include a full-day each of the Kids CanMove and RunJumpThrow programs. Participants can register for one or both of these courses! Each program is led by a trained learning facilitator and will include theory and practical elements of each program for professionals and community members to learn and apply within their own roles in their communities.

RunJumpThrow → This full day session is led by a Certified RJT Learning Facilitator and will provide participants with a thorough look at the skills of running, jumping and throwing as a basis for all land based sports. Technical progressions of each skills are identified and demonstrated to all participants in an active learning environment. Other modules include General Athletic Development, Why RJT, and Practical Application of learning's and RJT games. Get ready to learn, but most importantly – have FUN!

www.bcatletics.org/main/rjt.htm

Kids CanMove → With a trained learning facilitator, participants will learn the very basics of gymnastics skills that will provide children with the foundation movements that are transferrable to all types of sport and physical activities. Participants will be empowered to deliver this program within their community centres, schools, and day care centres with safety and knowledge of body movement and awareness. Participants will be active as they practically work through lesson plans and sessions utilizing minimal equipment to deliver these fundamental movement patterns!

www.kidscanmove.com





KIDS CAN MOVE

GYMNASTICS BC

The word gymnastics has always been synonymous with Physical Education. Unfortunately the core purpose of practising gymnastics - to develop basic physical and motor attributes - has diminished in the school system.

The Gymnastics BC **Kids CanMove** program for elementary schools in British Columbia is entering its fifth year of successful operation. This complete program enables teachers to safely teach gymnastics. This provides the students with physical literacy, confidence and the basic tools for lifelong activities, health and wellness.

The evidence is absolutely clear: children who are involved in sport and who are more physically active do better academically and lead a healthier lifestyle (ACSM, 2006).

Why Gymnastics?

The current perception of gymnastics is what is seen on television and during the

Olympics, but gymnastics is much more! It is about physical literacy. The **Kids CanMove** program teaches basic movements that will help develop strength, balance, agility and flexibility to help students throughout their life.

These lessons are also a perfect fit for the BC Ministry of Education Daily Physical Activity requirement and the IRP curriculum.

Gymnastics?

We have no equipment!

The **Kids CanMove** program uses basic equipment that most schools already have available. All that is needed is the school gymnasium, a few mats and, if available, a few benches.

Gymnastics?

Where do we begin?

The **Kids CanMove** program was designed to ensure that teachers with no previous experience can safely teach gymnastics.

The **Kids CanMove** program features a number of packages

to choose from. It's as simple as completing the registration form and returning it to Gymnastics BC!

Along with a **Kids CanMove** resource package, including a Teaching Manual, Lesson Plans and Task Cards, your school can choose to have a **Kids CanMove** certified instructor (based throughout BC) come into the school and instruct teachers on how to deliver the program themselves!

Our goal is that all schools in British Columbia enjoy the benefits of the **Kids CanMove** program and take part, along with Gymnastics BC, in the "physical literacy" revolution!

Gymnastics???

Yes, GYMNASTICS!!

For more information on the **Gymnastics BC Kids CanMove** program and the benefits of gymnastics, please visit the **Kids CanMove** website (www.kidscanmove.com) or call Gymnastics BC (604-333-3GYM or 1-800-556-2242).

DID YOU KNOW????

Gymnastics teaches and enhances:
 mental focus, coordination, balance & flexibility, gross motor development, speed & strength and teamwork

Build a foundation for
success simply by having
fun!



Athletics Canada's Run Jump Throw program focuses on:

- a fun and active learning environment
- individual improvement and positive reinforcement
- developing the skills of running, jumping and throwing in age appropriate sequential progressions
- improvement in physical and emotional well-being
- safety and certified instruction

It's fun, it's simple, and kids love it. Running, jumping and throwing skills are the key to all land-based sports, and can benefit all youth.

Making Fundamentals Fun

Children who learn fundamental running, jumping and throwing movement skills through track and field acquire a strong foundation for success in all other sports and physical activities. To help prepare them for a lifetime of excellence and diversity in active living, Athletics Canada offers the Run Jump Throw program to the schools, clubs and communities across the nation.

Run Jump Throw uses a fun and active learning environment. The program focuses on the enhancement of physical fitness, health and physical development for children 7-12 years of age.

This gender equitable program spans all abilities and maturational stages, and is adaptive to students with special needs and athletes with disabilities. Run Jump Throw is a great after school or Saturday morning program in which parents and family members can participate as instructors.

A Head Start to a Healthy life

The goal of Run Jump Throw is to supply a program of physical activity that serves as a strong foundation for all sports. Highly regarded by Sport Canada's Long-Term Athlete Development expert group, Run Jump Throw 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 movement fundamentals in fun and innovative ways. Contact your provincial branch of Athletics Canada to find out how you can become a Run Jump Throw instructor.

COMMUNITY INTRODUCTION TO PHYSICAL LITERACY



Just as children need to be taught to read and write, they need to be taught how to run, jump, and throw. After all, movement is a child's first language, and our ability to move is the most fundamental means we have of interacting with our world.

This is Physical Literacy.

(Active for Life – www.activeforlife.ca)

Saturday, February 18, 2012

10:30am – 12:30pm

Hope Recreation Complex –

Arena Mezzanine

No cost to attend!

To pre-register call: 604-869-2304



THIS FREE SESSION IS FOR EVERYONE!

PARENTS, GRANDPARENTS, COACHES, RECREATION STAFF, TEACHERS, EARLY CHILDHOOD EDUCATORS, AND VOLUNTEERS! COME ON OUT TO SEE HOW WE CAN ALL BE “ACTIVE FOR LIFE”



PHYSICAL LITERACY WORKSHOPS



Just as children need to be taught to read and write, they need to be taught how to run, jump, and throw. After all, movement is a child's first language, and our ability to move is the most fundamental means we have of interacting with our world.

This is Physical Literacy.

(Active for Life – www.activeforlife.ca)

Kids CanMove Workshop

Saturday, March 10, 2012 8:30am-4:30pm

Run, Jump, Throw Workshop

Saturday, March 17, 2012 8:30am-4:30pm

THESE WORKSHOPS ARE DESIGNED FOR RECREATION STAFF, COACHES, EARLY CHILDHOOD EDUCATORS, TEACHERS, DAY CARE STAFF, CHILD AND YOUTH WORKERS AND FOR ANYONE WHO WORKS DIRECTLY WITH CHILDREN.

COST: \$25 for one workshop or
\$40 for both workshops

LOCATION: Hope Recreation Complex – Arena Mezzanine

REGISTER: Call 604-869-2304 (space is limited so call today!)

