

School District No. 67 (Okanagan Skaha)
PRESENTATIONS AT THE BOARD MEETING



March 14, 2011

Run Jump Throw Project

Developed by Athletics Canada and presented by BC Athletics, RJT is a development program that teaches the skills of running, jumping and throwing. Run Jump Throw skills form the basis of all land based sports and as such, RJT provides a strong foundation for success in all sports and physical activities. It is designed for boys and girls ages 6-12, has progressions for older athletes, and can be adapted for special needs. Teachers **Nadeen Halls** and **Jennifer Mitchell** recently presented a workshop for district staff which was well received by the 25 teachers who attended. They explained the workshop was intended to create a community of physical educators; to provide resources and support for each other through collaboration; to increase physical literacy in both teachers and students; and to encourage more teachers and students to have fun being active together. Ongoing workshops will be held along with sharing of P.E. instructional strategies through Wikipaces. As well, high school students are sharing with elementary students some of the strategies they have learned. Following a number of questions, Ms. Halls and Ms. Mitchell were thanked for bringing this initiative to the district, their enthusiasm with the program, and for their presentation.