

# Run, Jump & Throw Athletics Programme



the pickaquooy centre



**Athletics training tailored for P1 to P4.**

## What is it?

This programme focuses on fundamental movement skills and helps children learn vital skills which they will need as they develop. Youngsters are introduced to a range of athletic events, basic skills, balance, coordination, and speed sessions; the essential ABC's of all sports. Run, Jump and Throw (RJT) is based around athletics, but the skills acquired can be extremely beneficial to children across a wide variety of sports. It operates in a safe, relaxed and friendly environment, allowing children to enjoy their experience, make new friends and to progress athletically. The RJT programme is designed to give children an opportunity to discover and participate in athletics all year round, before taking the step in joining Orkney Athletics Club from age 9. The sessions are tailored to suit children of all skill levels from beginners to those who have already taken part in introductory athletics programmes, holiday courses or local community competitions.

## Who is it for?

Boys and girls in Primary 1 up to Primary 4 who want to have fun, participate, make friends and learn new and exciting skills.

## P1 and P2

Children will have the opportunity to practice and become familiar with the basic techniques involved in running, jumping and throwing events. Enjoyment is the key factor in this age group.

## P3 and P4

As the sessions progress, we will introduce additional events and technical aspects to the athletics activities and continue to build on the foundations of good technique, enjoyment and a healthy lifestyle.



[www.pickaquooy.co.uk](http://www.pickaquooy.co.uk) • 01856 879900 • [enquiries@pickaquooy.com](mailto:enquiries@pickaquooy.com)



## Athletics Club

Orkney Athletic Club (OAC) are delighted to support the introduction of the Pickaquoy Run Jump and Throw (RJT) Athletics Programme, which will offer younger athletes a great introductory step into the sport of athletics and a stepping stone towards joining OAC.

Athletes who enjoy the RJT programme and wish to progress to OAC and compete in competitions, should note that they require to be at least 9 years of age and that, at present, training for juniors takes place on Tuesday evenings between 6pm-7pm. There is currently a waiting list to join OAC and all membership enquiries should be submitted in the first instance to [membership@orkneyathleticclub.co.uk](mailto:membership@orkneyathleticclub.co.uk)

DAY	TIME	AGES	SESSIONS	DATES	COST
Monday	4pm-5pm	P1 & P2	5 sessions	25 May – 22 June	£23.00
Monday	5pm-6pm	P3 & P4	5 sessions	25 May – 22 June	£23.00

### What do I need to get started?

Just a pair of trainers, water bottle and clothing suitable for exercise.

### Where is it?

The programme is at The Pickaquoy Centre.

### How do I register?

Visit the 'Kids' section of the website at [pickaquoy.co.uk](http://pickaquoy.co.uk) where you can download the registration forms or pick up a copy from the main Reception.



**Scottish Athletics state - *'it is widely recognised that Athletic activities: running, jumping and throwing – underpin every sport in Scotland'***

