

# AUCKLAND REGION

## Get Set Go and Run Jump Throw Coaching Course

### Get Set Go (3 – 8yr olds)

Get Set Go (GSG) is designed to help Kiwi kids (aged 3-8 years) enjoy being more active through play and sport. The programme provides educational, developmentally- appropriate, fun activities that build and develop children's basic fundamental movement skills.

### Run Jump Throw (7 – 11yr olds)

Run Jump Throw (RJT) is all about developing athletics-specific skills in a fun, inclusive way that encourages Kiwi kids' to participate in athletics. Designed for 7-11 year olds, Run Jump Throw allows athletics clubs and schools to easily teach the foundation skills of athletics in a positive, supportive environment, where participants learn and are challenged at their own pace. The programme uses modified equipment and games to help maximise participation and enjoyment.

### What this coaching course will cover:

This practical coaching course will take you through the underlying concepts and philosophies of Get Set Go and Run Jump Throw and give parents/volunteers/coaches confidence to deliver fun, age appropriate programmes to all children.

- What is 'Get Set Go' and Run Jump Throw?
- 3 Key Coaching Philosophies
- How to deliver/implement the programme in a school/club setting
- Kiwisport Induction (relevant for all coaches delivering any Kiwisport Projects)

### Get Set Go and Run Jump Throw Coaching Course

**Delivered by:** Stephanie Biggs, Athletics NZ

**Date:** Thursday 31<sup>st</sup> January, 2019

**Time:** 9.00am – 4.00pm

**Where:** Room SA213, AUT Millennium, 17 Antares Place, Rosedale, 0632, Auckland

**Cost:** FREE

**What to bring:** Lunch, drink bottle. Please wear active clothes for practical session.

**Contact Info:** Please email Stephanie Biggs [stephanie@athletics.org.nz](mailto:stephanie@athletics.org.nz) or call on 021 499 529 if you have any questions.

