

Triathlon Activity Ideas

Cardio Triathlon	
Purpose	Prepare students for the mile run or pacer test. Increase cardiovascular strength and endurance.
Stations	<p>Jump Rope – set a length of time or number of jumps that need to be achieved</p> <p>Stationary Bike – have students ride the bike for an amount of time or if there is a cyclometer on each bike, have students ride the bike for a certain distance</p> <p>Jogging – use an open space and either set a time or distance for the students to complete.</p> <p>*** Other ideas</p> <p>*Incorporate different locomotor movements (instead of the equipment), jogging, walking, skipping, galloping, etc.</p> <p>*Have the students perform the triathlon with a partner or partners. This can either be competitive or cooperative.</p>
Keeping Track	Provide an index card for students to keep track of their results. They can either track the amount of time to complete the triathlon or record the number of jumps, distance on the bike, or laps completed.

Upper Body Triathlon	
Purpose	Prepare students for the pull-up, flexed arm hang, and push-up fitness tests. Improve upper body strength and endurance with a variety of upper activities.
Stations	<p>Climbing Wall – the teacher can have the students climb on the wall for a period of time or have them climb a certain number of panels.</p> <p>Resistance Bands – students can either complete a collection of different movements or one particular movement a number of times</p> <p>Scooter Swimming – students will need some space and will ride their scooters on their bellies. They will move across the floor like they are swimming and must complete a certain number of laps.</p> <p>*** Other ideas</p> <p>*Incorporate different activities (rope climb, push-ups, medicine balls, etc.).</p> <p>*Have the students perform the triathlon with a partner or partners. This can either be competitive or cooperative (if cooperative encourage sheering for partners).</p>
Keeping Track	Provide an index card for students to keep track of their results. They can either track the amount of time to complete the triathlon or record the number of panels made, resistance band repetitions, or swimming laps completed.

Pedometer Triathlon	
Purpose	Introduce or review the use of a pedometer, motivate students to move, improve cardiovascular endurance.
Stations	<p>Jump Rope – set a number of steps that need to be achieved (i.e. 300 steps)</p> <p>Walking – set a number of steps that need to be achieved (i.e. 200 steps)</p> <p>Jogging – set a number of steps that need to be achieved (i.e. 400 steps)</p> <p>*** Other ideas</p> <ul style="list-style-type: none"> *Incorporate different locomotor movements (instead of the equipment), jogging, walking, skipping, galloping, etc. *Have the students perform the triathlon with a partner or partners. This can either be competitive or cooperative. *Vary the number of steps that the students will need to complete the task. *Keep track of the amount of time to motivate students.
Keeping Track	Provide students with a chart (number of steps need to complete each task) so they can keep track of their progress during the triathlon.

Abdominal Triathlon	
Purpose	Focus on the core muscles (also known as abs) in the body and develop endurance and strength
Stations	<p><u>Seated scooters</u> – students will ride across the gym while sitting on top of the scooter, they may use their hands or feet to propel themselves</p> <p><u>Curl-ups or Crunches</u> – students will perform these ab improving activities either with (curl-ups) or without (crunches) a partner, the teacher will set the number that will need to be completed</p> <p><u>Bean Bag Transfer</u> – students will sit on a carpet square between 2 hula hoops. Inside one hula hoop will be 8-12 bean bags. The student will attempt to move the bean bags to the empty hoop one at a time using their feet only. The number of bean bags or repetitions will be decided by the teacher.</p> <p>*** Other ideas</p> <ul style="list-style-type: none"> *Have a Medicine Ball station, students can perform curl-ups and pass the ball back and forth. *Have the students perform the triathlon with a partner or partners. This can either be competitive or cooperative. *increase or decrease the number of repetitions based on age and skill level of the class, remember that success is essential.
Keeping Track	Provide students with a chart so they can keep track of their progress during the triathlon. Also, use time to motivate the students.