

Physical Education Lesson Plan

Lesson: Triathlon in the Gym 1 (Individual)

SOLs: PE – 1.3, 1.5, 1.6, 2.3, 2.4, 2.5, 3.3, 3.5b, 4.3a, 4.3c, 4.4a, 4.4c, 4.5, 5.2a, 5.3, 5.4b, 5.6

Objectives: Students will learn the basic history of a triathlon. They will be able to name the three parts of a competitive triathlon. Students will improve cardiovascular fitness, demonstrate quickness and improve upper body strength. Students will be able to name the components of “FITT”

Equipment: 12 jump ropes, 10 scooter boards, 30 cones to mark off the gym, climbing wall, mats, 8-10 resistance bands, etc.

Warm-up: Students will perform the triathlon warm-up (10 push-ups, 2x 10 lunge walks, and 20 crunches) then they will go through their warm-up activity.

Organization: Students will find a partner and begin at one of the three triathlon stations.

Activity: Triathlon in the Gym 1

The three activities for this station can change depending on available equipment, class size, and student ability. The teacher will plan any three activities that are designed to improve cardiovascular endurance (jump rope, run laps, ride stationary bike, etc.) or muscular strength (curl-up, stretch bands, etc.).

1. The teacher will begin the activity by reviewing the basic history of the triathlon. The students will be able to name the 3 separate parts of the triathlon.
2. The teacher will introduce the stations for the triathlon. ****REMINDER**** The stations can be made up of any three fitness related activities (examples listed above).
3. Once the students have heard the directions, the teacher will split the class into three equal groups to begin the activity.
4. To move on to the next station, the student must complete the task at the previous station.
5. The goal is to complete the triathlon (all three stations) in the shortest possible time.
6. The teacher can keep time for the students to add some incentive for the class.
7. Once the student has completed the triathlon, they may begin again and try to beat their previous time.