

Physical Education Lesson Plan

Lesson: Triathlon in the Gym 2 (Relays)

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.

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 2 (Partner Relays)

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 have the students find a partner (have students stand back to back with another, etc.).
3. Once they have their partners, the teacher will place the partners at a station to start the triathlon.
4. The teacher will remind each pair that one student will complete the triathlon task then their partner will go. When both partners have gone, they will move to the next triathlon station.
5. The goal is to complete the triathlon (as a team) in the shortest possible time or to complete the triathlon stations as many times as possible before time expires.
6. The teacher can keep time for the students to add some incentive for the class.