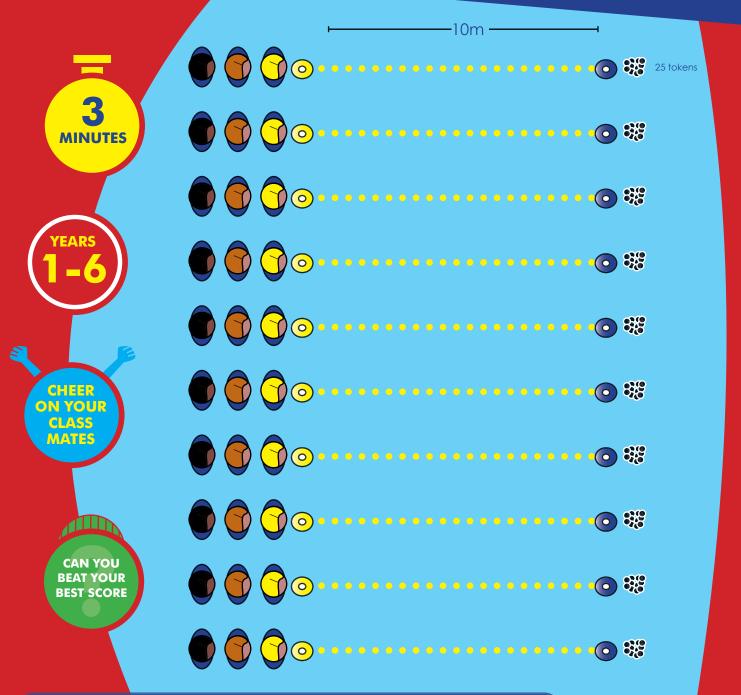


## HOW TO CLOCK UP THE KILOMETRES...



## RECORDING YOUR SCORE..

- 1. PUT THE CLASS INTO GROUPS OF 3 (SAME GROUPS EVERY WEEK)
- 2. EACH GROUP HAS A LANE WITH A START CONE AND AN END CONE 10M AWAY
- 3. PUPILS RUN IN A CONTINUOUS RELAY
- 4. EACH TIME THEY GET TO THE END CONE THEY COLLECT A TOKEN, BRING IT BACK AND DROP IT IN THE TOP OF THEIR START CONE
- 5. STOP AFTER 3 MINUTES OF CONTINUOUS RELAY AND COUNT UP ALL THE TOKENS THE CLASS HAS COLLECTED (EACH TOKEN IS 20M)
- 6. RECORD YOUR SCORE ON THE TRYATHLON TRACKER SHEET
- 7. YOUR PE SUBJECT LEAD WILL TWEET YOUR SCHOOL TOTAL EACH WEEK



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