

TSC's



# TRYATHLON



The harder you try the further you'll go 2016/17

# HOW TO CLOCK UP THE KILOMETRES...



3

MINUTES

YEARS

1-6

CHEER ON YOUR CLASS MATES

CAN YOU BEAT YOUR BEST SCORE

10m

## 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

