



Dear Head teacher and PE Subject leader,

Welcome to TSC'S **TRYATHLON™**, our new initiative to get your pupils moving.

Once a week, usually at the start of a PE lesson, each class in years 1 to 6 will run a continuous relay for 3 minutes, recording the number of metres they have collectively travelled. Their class leader will use this to motivate them and to encourage them to beat their distance week on week; you can use this as an inter-class challenge if you want, but their collective distances will be added up to give you a running total for your school which will then be plotted onto our **TRYATHLON™** route, which travels along a 662 kilometre journey taking in 6 of the country's most iconic sporting venues.

The **TRYATHLON™** project is designed to get all the pupils to work together and to have each of them supporting every member of their class to do their best to achieve and improve their individual physical performance. Every single metre travelled by every single pupil is another step towards your 662km target, so it's about support, working towards a team goal and helping them to be more motivated to achieve – hence the strap line... **the harder you try the further you'll go.**

In this pack you will find a number of resources;

- A poster to display the journey in your school hall
- A sheet explaining how to set up the relays
- 250 tokens
- A class recording sheet (also available online)

We really hope you will embrace this project and will encourage your whole school community to get behind and support the efforts of your pupils as they clock up the kilometres throughout the challenge.

SHARE YOUR NEWS - If you tweet your distance each week we'll add it to the **TRYATHLON™** online map so that you can see where you are on the journey and share this with your school community through your TSC signpost page (please *ask us about this if you are unsure what it is*).

If we know how far along the route you are, we'll email your fact sheet and teaching resource about the next sport on the route for you to share with the pupils.

GET EVERYONE INVOLVED - If you want, you could invite the entire school to take part - you can even have a teachers and parents contributing to the schools total!

CROSS CURRICULAR LINKS – This project creates lots of opportunities for cross curricular links as the children will be learning lots of new language, recording scores and manipulating data – so why not use it in ITC, literacy and numeracy lessons too!

Keep up with the progress and download resources at www.tscsportsanddance.co.uk/tryathlon.html

Good luck and enjoy the journey!

Nick Powell

Managing director, TSC Sports and Dance Coaching.

TSC Sports and Dance Coaching is committed to increasing and improving children's experiences of physical activity. For a list of current activities, please visit our website at www.tscsportsanddance.co.uk