

Lesson 4 of 6

TRIATHLON

EQUIPMENT

Gymnasium » scooter boards » pylons » agility ladders » mats » weights and/or medicine balls (various weights from 2-10 pounds, optional)

RELATED RESOURCES

- Heart Health: A Resource for Senior High School Physical Education, <http://education.alberta.ca/media/618568/heart.pdf>



Safety First!

"Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR, 2013) pages 11-33 and 107.

ESSENTIAL QUESTION

In what ways can preparing for and participating in a triathlon enhance your mental, physical, and social well-being?

WARM UP

FITNESS APPRAISAL

Prior to class create a student handout that has the circuit enhancers below on the next page in a table across the top in three columns. Include "swim, bike and run" as the headings above the corresponding circuit activities and near the bottom of each column have a space for "other". As students enter, hand them each a circuit activity sheet. Invite them to read the six activities they will be participating in and ask, "What does each fitness activity function to improve?" Responses might include: scooter freestyle functions to improve upper body muscular strength, flutter kicks function to improve core strength and agility ladder is performed to improve cardiovascular endurance. Explain to students that at the end of the circuit, you will invite them to add more functional fitness activities or enhancers to their sheet in the "other" section.



Benefits Health

Benefits Health

Functional Fitness	B(10-30) 3
Body Image	
Well Being	

Clues that students are achieving the outcome...

"Students appraise different activities and their effects on a personal functional level of fitness." *K-12 Physical Education Program of Studies, Alberta Learning, 2000*

- Students can participate in different types of fitness activities and assess the quality of each related to the three triathlon activities



MAIN LESSON

SWIM, BIKE, RUN CIRCUIT

Set up a circuit course with two swim, two bike and two run enhancers. In this circuit, enhancers are activities that will develop and improve the muscles and skills used in swimming, cycling and running. This course can be set up in a linear fashion with approximately two metres between each activity, so students move forward from one activity to the next in a timely manner. Each full circuit of six enhancer activities can be duplicated and set up beside one another in order to accommodate more students. Each enhancer activity is performed for 30 seconds and upon a signal, students move quickly to the next activity. Start with one or two students at each activity with 6-12 students at one full circuit and explain that they will move through all six activities and continue from where they started until the time is up. Be sure they follow the group in front of them and move up one activity after each 30-second interval. A timer can be set for 12-20 minutes allowing students to complete each enhancer several times. The following are some ideas for enhancers:

Swim	<p><i>Scooter Freestyle:</i> Lay on stomach across a scooter board and travel using arms only around a pylon and back.</p> <p><i>Flutter kicks:</i> Lay on back and bring upper body and legs off the floor. Place hands under glutes or to each side of your body. Alternate small kicks of straight legs simulating flutter kicks.</p>
Bike	<p><i>Bicycle:</i> Lay on back on a mat and bicycle legs in the air. Students can hold their upper body off the floor by placing their hands on the floor underneath shoulders with arms straight (slight bend in elbows).</p> <p><i>Squats or Squat Jumps:</i> Stand with feet shoulder-width apart. Lower body until legs are 90 degrees. Be sure knees don't come over top of toes. Add a jump and land back into a squat position.</p>
Run	<p><i>Agility Ladder:</i> Set up a ladder on the floor and invite students to move quickly/run through the ladder alternating feet.</p> <p><i>Side Lunges with Twist:</i> Lunge to the side, rotate trunk to the side of the bent leg, bring feet together, then lunge to the other side and twist trunk. If available, hold onto a weight or medicine ball.</p>

COOL DOWN

STRETCHING AND FITNESS APPRAISAL

Dynamic Stretches: leg swings forward (kick your own hand), lateral (body towards wall, swing leg across body laterally) and backwards (knee bends as approaching wall, kick leg back, minimal back arch), **Static stretches** (need a wall): standing quad stretch, hamstrings (sitting on the ground), calves, trunk, hip flexors (can lay with glutes close to wall, feet against wall, knees bent and apart to stretch hip flexors, can use elbows against knees to increase the stretch), soles of feet together against wall. The goal is to get knees close to the wall. When students have completed a full body stretch, invite them to reflect on the circuit enhancers and decide if each was a quality activity that supports improvement in that particular triathlon activity. Also have them add more functional fitness activities and enhancers to their circuit activity sheet in the "other." section.