

Objective 5

Demonstrates balancing skills

Related Objectives: 4, 8b, 9a, 11e, 14b, 20a, 22c, 23

What You Do

- 1. Explain that a triathlon is a race where you swim, bike, and run.**
- 2. Ask the children to stand up and spread themselves out so they each have space to move freely.**
- 3. Say,** “For our triathlon, we are going to stay in one spot as we swim, bike, and run.”
- 4. Complete each action in the triathlon with the children. Describe the race as the children move. Say,** “Now we’re coming out of the water, getting ready to ride our bikes! First, let’s put on our helmets.”

- Invite the children to suggest three other actions to use in a triathlon.
- Ask the children to complete a certain number of each type of action, such as swim six strokes, run 10 steps, or pedal eight times.
- Invite the children to create an ABC pattern with the three actions.
- Encourage children to tell which action is *first, second, third*.