

## LESSON 1: ABOUT MULTI-SPORT EVENTS

### Grade-Level Outcomes

#### Primary Outcome

**Physical activity knowledge:** Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)

#### Embedded Outcome

**Health:** Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)

### Lesson Objectives

The learner will:

- discuss the history of multi-sport events.
- describe the benefits of participating in a multi-sport event.
- locate a variety of multi-sport events offered in the community.
- identify different types of multi-sport events.
- describe equipment needed for participation.

### Equipment and Materials

- Computer projector
- The history of triathlon: <https://vimeo.com/31365051>.
- The story of Julie Moss: [www.youtube.com/watch?v=VbWsQMabczM](http://www.youtube.com/watch?v=VbWsQMabczM).
- Motivational triathlon video: [www.youtube.com/watch?v=X4A4n1T0fg0](http://www.youtube.com/watch?v=X4A4n1T0fg0).

### Introduction

*Today, you are going to learn about the different types of multi-sport events and begin to plan for our own.*

## Instructional Task: History of the Triathlon

### ■ PRACTICE TASK

Watch videos on the history of the triathlon.

#### Extension

Students could view videos of duathlon or aquabike events.

#### Guiding questions for students:

- What surprised you about the history of triathlons?
- What challenges did the early organizers and competitors face?
- How have multi-sport events evolved since they have become more mainstream?
- What new types of events are offered? Answers: Tough Mudder, obstacle courses, etc.

#### Student Choices/Differentiation

Students may answer questions in pairs.

#### What to Look For

- Students are engaged in the videos.
- Students can link the history of the first events to the events of today, including variety of distances and variety of multi-sport events (e.g., duathlon, aquabike, Tough Mudder and other popular obstacle races).

## Instructional Task: Getting Started in Multi-Sport Events

### ■ PRACTICE TASK

After watching selected videos, students fill out a worksheet that covers pioneers, history questions, governing bodies, and types and distances of events in the videos.

Identify types of multi-sport events, including triathlons, duathlons, and aquabike, and discuss or show the equipment needed for participation (e.g., types of bikes, shoes, swim gear).

Discuss the benefits of participating in multi-sport events.

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**EMBEDDED OUTCOME: S5.H1.L1.** This is a good opportunity to have students analyze the potential health benefits of multi-sport events. Students could work with partners to analyze one multi-sport event and then share their findings with the class.

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### Student Choices/Differentiation

Make different equipment available for show, such as goggles, tri goggles, road bike, bike shoes, bike shorts, bike pedals, bike helmet, different types of sunglasses, biking jersey, running shoes, and bib belt.

### What to Look For

- Students can identify multiple benefits of these types of events.
- All students are participating in the discussion.

## Instructional Task: Planning a Multi-Sport Event

### ■ PRACTICE TASK

Divide the class into groups. Students design a multi-sport event in which they'll participate in the final class of the module.

Students can use the Internet to locate different websites and find races in the community they can use as ideas or examples.

Students share websites they found helpful.

Each group presents their options to the class.

Students vote on the option to train for and do as the final project for the module.

*Note:* You could also consider having the class participate in a community event instead of designing your own.

### Guiding questions for students:

- Besides the Internet, where else might you find information regarding events in your community?
- What factors should you consider in selecting possible events?

### What to Look For

- Students are using multiple websites.
  - All students are participating in searching.
  - All students are involved in identifying different events.
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## Formal and Informal Assessments

Exit slip: Of the multi-sports events, which is your favorite type of event? Why?

## Closure

- What are the benefits of multi-sport events?
- Discuss goal for the end of the module event.
- We'll be learning how to train for the event throughout our module so everyone is prepared.

## Reflection

- Did this lesson spark students' interest?
- Does the final project reflect the abilities of all students in the class?
- Were there productive discussions going on?

## Homework

*Choose an article related to training (e.g., nutrition, training techniques, strength training). You will need to prepare a one-page abstract on your chosen article to share with the rest of the class later in the module.*

## Resources

USA Triathlon: [www.usatriathlon.org](http://www.usatriathlon.org)

Tri Find: The American Triathlon Calendar: [www.trifind.net](http://www.trifind.net)

Race 360: [www.race360.com/triathlon/races](http://www.race360.com/triathlon/races)

Triathlon Training for Beginners: [www.beginnertriathlete.com/races](http://www.beginnertriathlete.com/races)

Internet keyword search: "parks and recreation," "triathlons," "local races"