

**BIRMINGHAM  
SCHOOL  
GAMES**



KING EDWARD  
SCHOOL SPORTS  
PARTNERSHIP



# BIRMINGHAM SCHOOL GAMES 2020-21

## TRIATHLON



Log on to: [www.sgochallenge.com](http://www.sgochallenge.com)

- Register using your email address.
- Enter your unique code which your SGO will share with you via your school.
- Find the Primary, Secondary and SEND Triathlon Challenge!



Start Date: 2<sup>nd</sup> November 2020  
End Date: 11<sup>th</sup> December 2020

#backtoschoolgames

# PRIMARY TRIATHLON

## How do we take part?

This is a competition for primary schools – we are asking pupils to run, cycle and swim.

Don't worry if you don't have access to some of the equipment needed – we have provided some alternatives so you can still take part! Complete all three challenges.

## How do we register our results?

Staff will need to go to [www.sgochallenge.com](http://www.sgochallenge.com) – register your school by using the code : ASTON. You will need to use the password Teacher2020 to register. Once you have done this, simply enter the number of pupils from KS1 and the number of pupils from KS2 who have completed the Triathlon Challenge!

# HOW DO I COMPLETE THE CHALLENGES?



## TYPE OF EVENT

Virtual

## EQUIPMENT

Bike, swimming pool, stopwatch.

## LEADERSHIP

Can your young people:

- Use a stopwatch to time these activities?
- Record how many of their peers take part?
- Promote the event around the school and with their friends?
- Make sure they have the correct equipment e.g. cycling helmet?



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# PRIMARY TRIATHLON

## RUN



Run for 5 minutes – complete this at home or at school!

### Alternative Activity

- Use alternative ways of moving around the space; skipping, hopping, walking, running.

### Adaptations

- Allow pupils to walk for 5 minutes or mix walking and running together.
- Allow pupils to complete the task to split the time as a group using a relay system.

## SWIM



Swim for 4 widths – any stroke, with or without a float!

### Alternative Activity

- Build upper body strength by throwing a ball against a wall and catching it! Repeat this for 3 minutes!

### Adaptations

- Use a floatation aid to complete the distance.
- Allow children to work in a team to complete the distance.

## CYCLE



Cycle for 10 minutes – complete this at home or in school!

### Alternative Activity

- Build lower body strength by completing 20 squats!

### Adaptations

- Try cycling in a high gear.
- Use a hard surface to cycle on.

Make sure you wear a helmet when completing this challenge!

# SEND TRIATHLON

## How do we take part?

This is a competition for SEND pupils – we are asking pupils to move in three different ways. Don't worry if you don't have access to some of the equipment needed – we have provided some alternatives so you can still take part!  
**Complete all three challenges.**

## How do we register our results?

Staff will need to go to [www.sgochallenge.com](http://www.sgochallenge.com) – register your school by using the code : ASTON. You will need to use the password Teacher2020 to register. Once you have done this, simply enter the number of pupils who have completed the Triathlon Challenge!

# HOW DO I COMPLETE THE CHALLENGES?



## TYPE OF EVENT

Virtual

## EQUIPMENT

Indoor or outdoor bike / scooter, push bike / balance bike, stopwatch.  
**Make sure you wear a helmet when completing the cycling!**

## LEADERSHIP

Can your young people:

- Time for 5 or 10 minutes?
- Record how many of their peers took part in the event??
- Promote the event around the school and with their friends?
- Make sure they have the correct equipment e.g. cycling helmet?

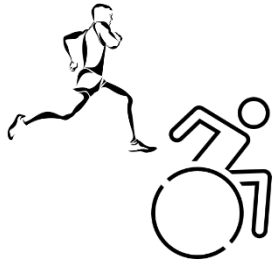


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# SEND TRIATHLON

## RUN / MOVE



Run / move for  
5 minutes –  
complete this  
at home or at  
school!

### Alternative Activity

- Use alternative ways of moving; skipping, hopping, walking, running; move arms; move legs.

### Adaptations

- Allow pupils to move in different ways for 5 minutes, mixing different methods.
- Allow pupils to complete the task to split the time as a group using a relay system.

## WATER ACTIVITY



Move in a pool  
for 5 minutes –  
complete this at  
your local pool or  
at school!

### Alternative Activity

- Build upper body strength by raising and lowering an appropriate ball / beanbag / quoit, with arms.

### Adaptations

- Use a floatation aid to complete the movement in the pool.
- Allow children to work in a team to complete the movement for 5 minutes.

## CYCLE / MOVE



Cycle / move  
for 10 minutes  
– complete  
this at home  
or at school!

### Alternative Activity

- Build lower body strength by raising and lowering an appropriate ball / beanbag / quoit, between feet.

### Adaptations

- Use adapted bikes / balance aids.
- Allow pupils to move in different ways for 10 minutes, mixing different methods.
- Allow children to work in a team to complete the movement for 10 minutes.