

# **Triathlon School Programme**

**Curriculum Document  
March 2021**

# 1. Introduction

The sport of Triathlon can promote physical activity in educational centres during the school period and beyond. The Triathlon participation allows the students to stay active, healthy, and fit. Besides, triathlon can enable the children to have fun while discovering a new discipline and experiencing the opportunity to overcome new personal challenges. It also allows them to socialize with different people, learn more general life and social skills, learn the necessary triathlon skills, promote the practice of physical activity in a natural environment, and promote a long-term healthy lifestyle. In addition, physical activity is essential for learning; research shows that physical activity has positive effects on the brain (cognitive) and academic performance. Implementing a Triathlon program in a school-based Physical Education (PE) context has a positive impact on the students. The combination of disciplines (swim, bike, run, transitions) within the same sport makes Triathlon a unique sport.

The following program is intended to promote the sport among the students and encourage the participants to have a first contact with Triathlon. It also aims to help the National Federation raise awareness of the sport among a larger community and initiate Triathlon programs, which may grow to an increase in participation and a wider growth of the sport within a specific area/country.

# 2. Overview

The program is based on providing background reading, practical tools, and additional resources to encourage students to be physically active and promote a long-term healthy lifestyle. All the content is supported by the latest research in Education and Sport Science. Further readings and books have been recommended to deepen the teacher's knowledge in each area.

The content of the program is summarized in the following sections:

- **Setting the Scene**

This section explains why physical activity is beneficial for children and adolescents aged 6-18. It covers the positive associations between physical activity, fitness, cognitive function, and academic achievement. It covers the relevant information about why implementing a Triathlon program in a school-based Physical Education (PE) context positively impacts the students and the whole school environment.

- **Developing the Project**

This section underlines all the steps and actions that should be arranged before taking the first steps toward setting a school's Triathlon activity. It also gives essential information about how to write a project plan, approach schools, involve PE teachers and find financial support for the project.

- **Considerations**

This section covers different aspects related to coaching and teaching children. Coaches need to take into consideration many different factors and individualities when coaching young athletes. It also provides examples of grassroots events, proposes a school competition system, and explains the multi-sport events within World Triathlon.

- **Case Studies**

This section provides a wide range of case studies. The programs presented here have been successfully implemented in different parts of the world and are intended to be used as examples and inspiration for NFs, coaches, and PE teachers.

### **3. How to use the World Triathlon School Program**

The World Triathlon School program is a framework, a guideline for National Federations to read, understand and gradually interpret to best suit their operation and structure. This is a resource and toolset available for Group 2-5 National Federations for enrolled personnel through the World Triathlon Education Hub for their self-study and implementation in their home environment. The program is intended to be used as a guideline that should be adapted to the resources available, possibilities and current development of the applying NF.

### **4. Learning Outcomes for the National Federation**

As the World Triathlon School program is a detailed and described guideline, NF professionals should set up their Triathlon school program or pathways after going through all the content.

An NF professional who has completed the training is expected to implement, monitor and oversee a Triathlon school program. NFs must understand and consider the challenging and exciting journey behind establishing a Triathlon school program within any Educational Center. NFs need to provide support to the local community and build a strong network between school principals, PE teachers, volunteers, parents associations, local clubs, and event organizers.

The following list of learning outcomes covers the expectations and remit for the program content:

- Implementation of a Triathlon program in a school-based Physical Education (PE).
- Promote the sport among the students and to encourage the participants to have a first contact with Triathlon.
- Have an overview of the group of professionals that can facilitate a Triathlon school program (PE teachers, parents, coaches, and volunteers.)
- Understand the positive effects of physical activity on Academic Performance.
- Teach both sport based and wider society values, through the sport.
- Provide students with an activity that promotes a healthy way of living.
- Create lifelong enjoyment throughout the sport of Triathlon.
- Understand the different teaching methodologies available for coaching children and ensure that suitably skilled professionals are involved in the delivery of the program.
- Ability to establish an interpretation of the World Triathlon School Program despite National Federation status/opportunities/resources.

With all the content provided, coaches and PE teachers should develop their Triathlon school programs and establish a tailored academy, club, extracurricular activities or events in their environments as best suits the local needs.

## 5. Supporting Resources

The content is supported by the [World Triathlon Education Hub](#), which contains all the information (written) required to establish a successful Triathlon school program within an Education centre. A section called "case studies" can also be found within the framework where the readers can go through already existing programs and research further about them. These programs are successful examples of how triathlon can generate a positive impact among the students.

For more details, please contact World Triathlon Development at [development@triathlon.org](mailto:development@triathlon.org).