

Year 4 Brownlee Triathlon – Moorways Sports Village



Monday 24th June 2024

Year 4 students embarked on a trip to Moorways Sports Village to complete a triathlon. Upon arrival, the children sat quietly and listened to a video presentation by the Brownlee brothers explaining the events of a triathlon. On the way out, they were given their own t shirt to wear and a basket to put their clothes in.

Swim:

The children confidently swam in a U-shape around 3 sides of the pool. Some children used floats to help them. Once the children finished their swim, they located their basket on poolside and put on the t-shirt they had been given following the briefing. They excitedly headed out to the bike area.

Cycle and running: becoming official triathletes!

Children cycled or scooted approximately 800m on grass. Following the bike, children ran approximately 300m to the finish line. Children received their medal and goody bag as they crossed the finish line.

After the triathlon, the children enjoyed their well-deserved snacks and water on the grass with their friends. It was lovely to hear the children cheering and supporting each other! They each worked hard and displayed the Wren Park values of being respectful, ambitious and resilient – well done Year 4!

Children's thoughts:

Dan,- " I really liked the running element because it gave me a great opportunity to do my best and run against my friends."

Olivia W,- "It was great to get a goodie bag and medal after all of our hard work!"

Ayla, - "I love how fast paced it was... we didn't get changed after the swimming and just put our t shirts on ready to cycle."

