

# Worksheet 2

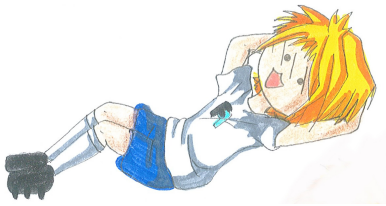
**Session Aims:** Understand the meaning of Triathlon

**Workout:** Challenge 2

## Task 1



1. Can you remember what exercises were in the triathlon?
2. In pairs can you guess which sports there are in the triathlon?
3. How many **MUST** there be, for it to be called a Triathlon



## Task 2



In different pairs (change partner) come up with three **BRILLIANT** exercise that you can do together.

They **MUST** be different to the ones on the DVD!