


Have a go at being a sports coach!

- Select your favourite game from one of the previous  triathlons
- Set up the game with the equipment needed; make use of assistant coaches for this if you need to.
- Coach members of your family on how to play the game! Try and be positive and motivating. If someone is struggling then look carefully at how they are playing and see if you can give them some helpful advice.



You could also create a medal or trophy for the winner!