



# Peninsula Heritage Turkey Triathlon

The November Turkey Triathlon is a fun, physical activity challenge to take place throughout the month of November in PE classes, culminating in a triathlon event at the end of the month.

The November Turkey Triathlon provides children with targeted practice sessions throughout the month, and a triathlon event at the end of the month during 3 PE classes.

The three events for the Turkey triathlon are:

## Kindergarten & 1st Grades:

- Timed, 2 lap run around the track*
- 25 Yard Bear Walk*
- 20 Yard Scooter Dash*

## 2nd through 5th Grade

- Timed, 3 lap run around the field*
- 35 Yard Crab Walk*
- 50 Yard Scooter Dash*

*The goal of this Triathlon is for children to try their best.... that's it!*

**Mrs. Nygaard**

