Triathlon Relay

**General Science Questions will come from:**

Brain Quest Cards – 5th & 6th Grade editions – science questions only. Available at Borders and Barnes & Nobel for 10.95 (discounts for educators available)

**Number of Participants:** 4  **Time:** Approximately 30 minutes

Description: A team for four students will compete in three physical events set on a a course. Before each event, staying in the same order, they will each answer one general science question. Each participant will be able to answer up to four questions correctly by the end of the event (a total of 16 questions per team). Each wrong answer will add one minute to their total end time.

**Possible events for the triathlon (three will be selected).**

- Jumping rope
- Dribbling a basketball around cones
- Shooting a basketball through a hoop
- Throwing a Frisbee between a hula hoop – each missed shot adds one minute to the team’s total time
- Walking a golf ball on a spoon to a line and back
- Walking with a ball between the legs and dropping it into a bucket
- Over/under race with a sponge (under legs, overhead)
- Ring toss – each ring missed will add one minute to team’s total time.
- Tossing an object into a container
- Jumping, running, skipping, or galloping may take place.

**Competition:**

1. Appropriate athletic attire is advised. Change of clothing is recommended during inclement weather
2. Students will line up at the start line. Team captain for even will be given the score sheet.
3. Stop watch will start
4. Students will approach a station hand in score sheet and answer a question.
5. Once all four students have had their question, they will then do the skill at that station.
6. They move to the next station as a group.
7. Students need to stay in the same order
8. Questions should be answered as rapidly as possible to avoid loss of time.
9. Your team may not advance to the next station until your four questions have been answered and all have attempted the physical skill.
10. Upon completion of the circular course, the stopwatch will stop and time recorded. Any wrong answers to science questions will add questions will add additional minutes to the teams total course time.
11. Total team times will be kept by timekeepers and recorded and score sheet.