



Tri Active Cymru Activator



What is a Tri Active Cymru Activator?

- The course is designed to empower teachers, coaches and parents to deliver triathlon activities in key stage 1 and 2 and community groups underpinned by physical literacy by being motivated, confident, competent and inclusive organisers that instill the same values in their school children.
- As teachers, coaches and parents you will gain confidence and have the ability to provide high quality physical activity sessions for your pupils. You can impact on your pupils' physical literacy journey by delivering sessions that allow your pupils to develop their motivation, confidence, physical competence, knowledge and understanding, through triathlon and multi-sport.

Learning Outcomes for you.

There are important key strands to this role, all of which can be rewarding and will enhance participation and enjoyment of triathlon for all in your sessions.

- Understanding what Physical Literacy is and how it can be embedded within your school PE and after school sessions.
- To organise and lead safe, effective and inclusive triathlon activities and experiences. Reflection & action planning quality sessions.

Learning Outcomes for your pupils

- Building up a body of knowledge and have the skills to connect and apply that knowledge in different contexts.
- Give off their energy and skills so that other people will benefit.
- Apply knowledge about the impact of exercise on physical health in their daily lives.
- Take part in physical activity.
- Have the confidence to participate.
- Face and overcome challenges.
- Have the skills and knowledge to manage everyday life as independently as they can.

Why is Physical Literacy important for you and your school?

The Curriculum for Wales guidance is a clear statement of what is important in delivering a broad and balanced education. The four purposes are the shared vision and aspiration for every child and young person.

- Ambitious, capable learners, ready to learn throughout their lives.
- Enterprising, creative contributors, ready to play a full part in life and work.
- Ethical, informed citizens of Wales and the world.
- Healthy, confident individuals, ready to lead fulfilling lives as valued members of society.

Learners will be encouraged to develop the confidence, motivation, physical competence, knowledge and understanding that can help them lead healthy and active lifestyles which promote good physical health and well-being.





The Tri Active Cymru Activator programme includes:

A recognised National Governing Body continued professional development through completion of Welsh Triathlon Activator Training.
Membership to Welsh Triathlon (Supporter/Free Package).*

A Learning Resource, providing a range of specifically designed session plans to deliver to your participants.
Individual support from Welsh Triathlon Workforce Officer when required.

Cost to Local Authorities Group Bookings - £700.00 for 14 Participants Maximum
Cost for Individuals / Individual Teachers / Community Coaches - £60.00 per person

Welsh Triathlon Tri Active Cymru (TAC) Participation Programme

TAC (Tri Active Cymru) is an easy and fun way to introduce sporting activity which engages with the whole family, regardless of age and ability. The TAC Sack provides a ready made triathlon (or duathlon) course and an easy to follow instruction guide. Its versatility means it can be delivered in varying locations to all audiences. It provides the structure of triathlon, but removes the formality, presenting the ideal opportunity for participants to develop their swim, bike and run skills and have a fun, enjoyable experience at the same time.

The TAC programme includes:

A TAC Sack, which includes all the equipment you will need to design your course within your safe, enclosed environment, including signage, event tape, boundary markers, starter horn, high visibility jackets.

Various Course Designs, enabling you to provide variety each week.

Risk Assessment Guidance.

Welsh Triathlon support across event marketing and volunteer recruitment.

Individual support from Welsh Triathlons Participation Officer when required.

An opportunity, to evolve your TAC activity or location into a permitted GoTri.

The cost of the stand-alone TAC Sack is £300**

Individuals or organisations who purchase the physical literacy resource can purchase a TAC Sack at a reduced cost of £250

What do the teachers say?

“I didn't know how I could create Triathlon sessions within my school PE classes, but the course helped me develop the skills and think of ways to design sessions with what minimal equipment we have available to us in school”

“I felt I learnt many new skills and overall knowledge , to help the children”

“It's been fantastic seeing the children trying new skills in school whilst having fun”

“I was very new to this side of things I didn't know what to expect. The course covered what I expected and more”

“For me as an introduction it was perfect”





Contact us:

Triathlon Cymru
Sport Wales
Sophia Gardens
CF11 9SW

0300 300 3128

admin@welshtriathlon.org

www.welshtriathlon.org

Resource designed in collaboration with Sport Wales and Cardiff Metropolitan University



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

sportwales
chwaraeoncymsu

