

Let's Get Moving

Physical Activity

Toddler Triathlon

Set up a triathlon course to challenge your toddler(s).

What you will need:

Rope

Tricycle

Wading Pool



Make a start line with the rope.

Place the wading pool at the beginning of the course and park a tricycle several feet from the pool.



Have your toddler run from the start line to the tricycle. Ask him to hop on the tricycle and ride back to the pool. Have him “swim” (crawl) through the water from one side of the pool to the other to finish the race.



Variation: Divide a group of children equally into two or more teams and have a relay race, using one tricycle and pool for each team.

