



# ACTIVE SKILLS FOR LIFE

**BRING THE JOY OF SWIM,  
BIKE, RUN TO YOUR  
COMMUNITY!**

Active Skills for Life from British Triathlon is here to support you to give children the opportunity to experience swim, bike, run, supporting them to be active and learn valuable skills that will last a lifetime.

**POWERED BY**



**BRITISH  
TRIATHLON**

Active Skills for Life can be used within your community to support holiday camps, afterschool clubs or provide new and exciting sessions for children to try within existing community clubs.

## ACTIVE SKILLS FOR LIFE RESOURCES

The Active Skills for Life Activity Pack is bursting full of fun and exciting session ideas in swim, bike, run and transition!

- Activity Cards with a step-by-step guide detailing how to deliver each activity in swim, bike, run and transition.
- An emphasis on learning through play and the development of core values such as teamwork and self-belief.
- Developed to meet the requirements of children 7 – 14 years.

## ACTIVE SKILLS FOR LIFE ENHANCE SUBSCRIPTION

Become an Active Skills for Life Enhance subscriber to gain access to all of the resources and training you need to deliver fun and rewarding Activity Skills for Life sessions in your setting.

- 🔑 1 x Active Skills for Life Activity Pack giving your coaches new session plans and ideas

📖 Active Skills for Life Playbook including adaptations for children with SEND

📄 2 x Free places on the Active Skills for Life Award, our training course which includes access to the British Triathlon Learning Hub, to upskill coaches

▶ Skills videos to support your training sessions

🏆 Achievement cards and stickers for all children.

**Cost £350 for Year 1 and £80 rolling subscription**

## ACTIVE SKILLS FOR LIFE ENGAGE SUBSCRIPTION

Be part of the Active Skills for Life community for Free and access a taster of our resources!



SCAN THE QR  
CODE TO FIND  
OUT MORE.



[www.britishtriathlon.org/active-skills-for-life](http://www.britishtriathlon.org/active-skills-for-life)

Or get in touch via email:  
[activeskillsforlife@britishtriathlon.org](mailto:activeskillsforlife@britishtriathlon.org).