

Tour of Britain

SCHOOL

RESOURCE

PACK

The Tour is coming...

GET IN GEAR

Sat 12th
September



WELCOME

Hello and welcome to The Tour of Britain 2015.

This pack will introduce you to this year's race and give you some ideas for school activities before, during and after The Tour.

The Tour of Britain is coming to Norfolk and is the UK's biggest professional bicycle race. It's a centrepiece of the British sporting calendar, attracting over a million spectators to the roadsides, and hundreds of thousands more on television and via the internet.



HISTORY

The Tour returned after a five-year absence in 2004, quickly re-establishing itself as the **main event in the British cycling calendar**. The Tour of Britain has grown to become an eight-day event, allowing it to visit more parts of the UK than ever before.

Every year some of the **world's top cyclists** compete on British roads for the right to wear the yellow jersey. Over the past five years, Olympic, World and Commonwealth Champions have ridden The Tour of Britain.

The event dates back to the first British stage races held just after the Second World War. Since then various events have been described as the Tour of Britain, including the Milk Race, the Kellogg's Tour of Britain and the PruTour. The current version of the Tour of Britain is part of the **UCI Europe Tour**.





2015 TOUR

- **Stage 1** - Sunday 6 September, *Beaumaris, Anglesey to Wrexham*, **177km**
- **Stage 2** - Monday 7 September, *Ribble Valley and Pendle, Clitheroe to Colne*, **162km**
- **Stage 3** - Tuesday 8 September, *Cockermouth to Floors Castle, Kelso*, **216km**
- **Stage 4** - Wednesday 9 September, *Edinburgh to Blyth*, **218km**
- **Stage 5** - Thursday 10 September, *Prudhoe to Hartside Fell, Cumbria*, **171km**
- **Stage 6** - Friday 11 September, *Stoke-on-Trent to Nottingham*, **189km**
- **Stage 7** - Saturday 12 September, *Fakenham to Ipswich*, **232km** (110km in Norfolk)
- **Stage 8** - Sunday 13 September, *the London Stage presented by TfL*, **93km**

The 2015 Tour of Britain will take place over eight days, beginning in Beaumaris on Sunday 6th September and finishing at the heart of London on Sunday 13th September. We are hosting **Stage 7** of the race. The Norfolk stage will not be easy and will present different challenges to the riders. Stage 7, at 232km, is the longest Stage of the Tour.





TOUR OF
BRITAIN

NORFOLK

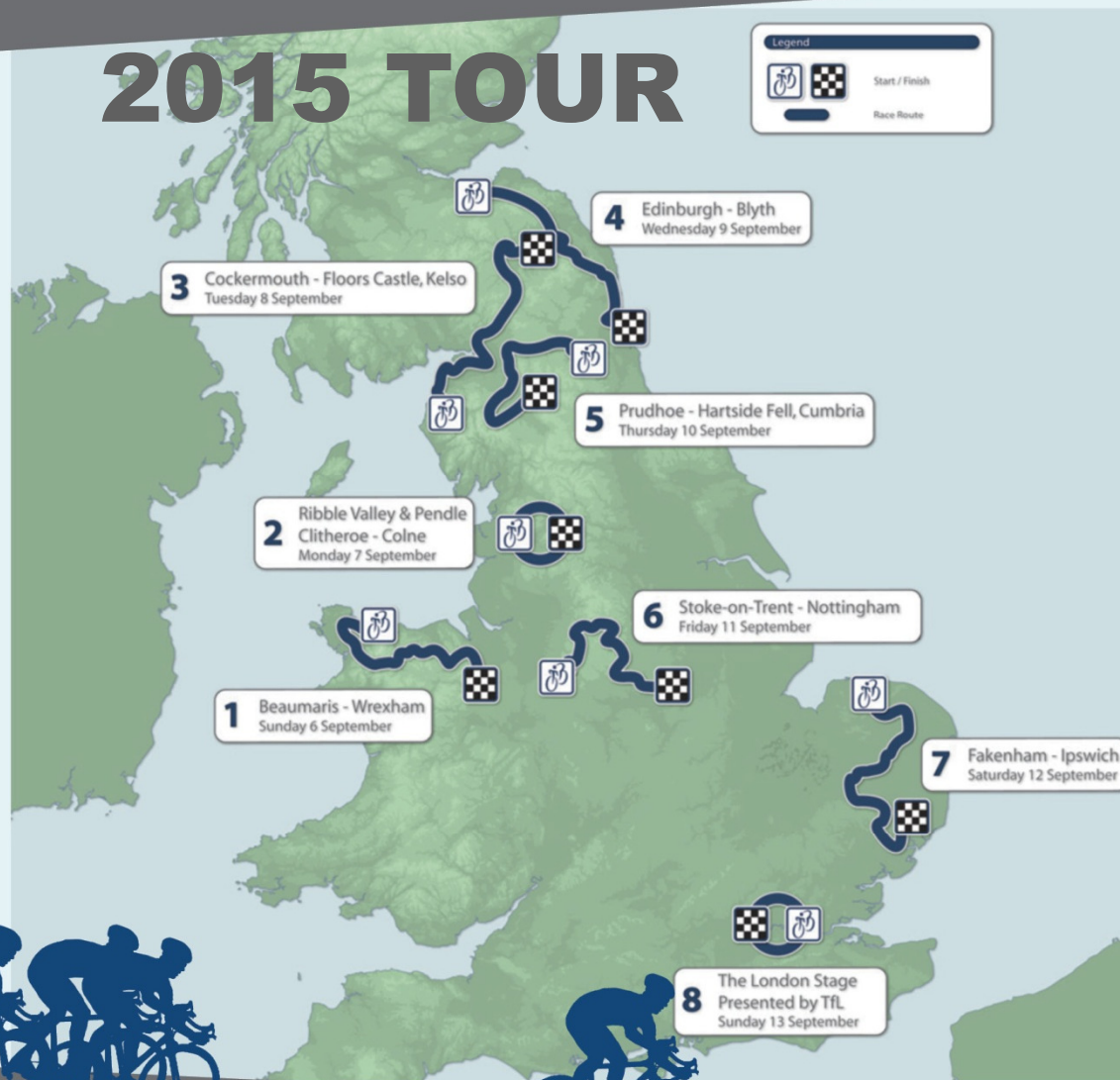
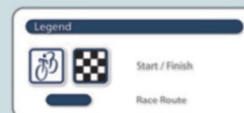


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2015 TOUR





KEY STAGE 2 SCHOOL RESOURCES

Welcome to the 2015 Tour of Britain!

This Key Stage 2 education pack will introduce you to this year's race and give you some ideas to use in school in the build up to, during and after the Tour visits Norfolk.

There is a wealth of information about past Tours of Britain and this year's Tour available on www.tourofbritain.co.uk and www.tourofbritainnorfolk.co.uk.





BEFORE THE TOUR

In the weeks running up to the beginning of the race in September, there are a number of ways in which pupils can learn more about what to expect when the Tour of Britain visits Norfolk:

- Locate all the towns visited by the Tour on a map of the UK.
- Look at the route for this year's Tour - which famous landmarks does the race pass?
- Look at the route through Norfolk - where does it go?
- Does the route go near your school? You can watch!
- Research Britain's most famous bike riders. Does Norfolk have any famous or promising young cyclists?





DURING THE TOUR

During the Tour try some of these activities that can be used every day in the classroom, whether it be at registration or as part of a lesson.

- Who won yesterday's Stage?
- Where in the world do they and their team come from?
- Where does today's Stage go?
- Are there any famous landmarks on the route?
- Who has visited one of these landmarks?
- Research this famous landmark and produce a flyer advertising it.
- Why not create a map of the route on the classroom wall and move the riders along a Stage each day?





AFTER THE TOUR

Cycling doesn't only keep you fit and healthy, but it also helps the environment. Cycling helps reduce carbon emissions, which scientists believe contribute to global warming.

- What are carbon emissions?
- What is global warming?
- How does cycling help to reduce global warming?
- How does cycling help you to keep fit and healthy?





TOUR OF
BRITAIN

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YOUR TOUR OF BRITAIN MISSION

You must complete 7 stages of the Tour of Britain, building your bike along the way.

To complete each stage you must complete a Tour of Britain challenge.

For each challenge completed you will be rewarded with a bike part to help you build your bike.



STAGE 1: Challenge 1

Your challenge is to complete these three tasks about the Tour. Can you think what subject skills you are using to complete these tasks?

- Where does the 2015 route pass through?
- Can you map out the route of the race?
- Are there any famous landmarks that the race passes?

If you complete these tasks to your very best ability, you will win the frame for your own bike to build your own pretend racing team!





STAGE 2: Challenge 2

Now you have taken the challenge you must complete the next task. If you are going to make your own team it will be important to know about some of the other teams from all over the world.

- Can you find out how many riders in total will be taking part?
- Which different countries do some of the riders come from, and can you find their countries on a map?
- Research one rider and create a profile for them. How good are they? Have they won any Olympic medals?

***For completing this stage your reward is:
the wheels for your bike!***



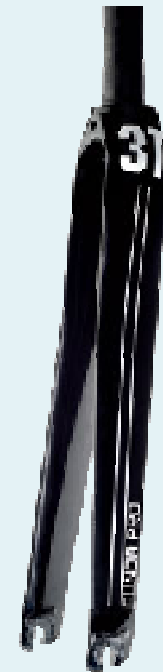


STAGE 3: Challenge 3

Geography and History have been a real focus so far....Now it's time to get serious and earn some crucial rewards. Your next mission's aim will need great literacy and English knowledge combined with research skills.

- Pick one of these cyclist's books and answer the questions that follow (choose from Bradley Wiggins, Victoria Pendleton, Sean Kelly, or Chris Froome)
- What is the difference between a biography and an autobiography?
- Evaluate the effects of this type of work on the reader.
- Identify what is fact, opinion, and fiction.

This is a challenging task. Your reward for completing this stage is front forks and brakes!





STAGE 4: Challenge 4

So you thought the last challenge was tricky? Now it's time to get seriously hard...it's Mathematics time. You will be looking at data and showing you understand what it all means.

- Find out which riders have won the Tour the most. In a table put down the information you find.
- Can you use this information to make a frequency diagram to show how often each country has had a winner?
- What is the length of each Stage?
- What are the longest and shortest Stages?
- What does that make the average distance for all the Stages?

Country	Frequency	Total
?	?	?





Your reward for STAGE 4 is...

A handlebar

You now have all these parts, great work!





STAGE 5: Challenge 5

Well done, you're doing great... After those last two challenges your brains must be aching?! This stage has a real focus on Art, with a little History added in.

- You'll have noticed by now the riders wear different colour jerseys.
- Why were the jerseys designed with different colours?
- What do the different colours mean?
- Design your own team jersey, how did you come up with the ideas for the colours?
Write about this and also complete the actual design.

***Your reward for this stage is:
the bike saddle and seat tube!***



STAGE 6: Challenge 6

This stage is a tough one, for you it's a week long! The riders need to think about their diet carefully to have enough energy for the race.

- Your task is to keep a diary of all the food you eat and the exercise you do during the Tour of Britain week.
- What should a healthy diet include?
- How many calories should you eat each day compared to the riders in the Tour?

*For this stage your reward is a good one
as it's been a really tough challenge....
pedals, gears, and lights!*





STAGE 7: Challenge 7

You are nearly ready to launch your own team. You need to complete a final task to get the last important pieces of your bike and for your riders.

- Split the class into six groups and create two different maps.
 - Map 1 shows where the different Stages happen in Britain with important information included (distance, landmarks, etc.)
 - Map 2 shows the route through Norfolk and Suffolk and any important information.
 - On the maps you could make riders to move along the course, or keep the positions on a leader table.

Your rewards are on the next slide....



Your Rewards...

Chain, tyres, water bottle, bell, and helmet!





Congratulations!!

**YOU HAVE BUILT YOUR BIKE AND ARE READY TO START
YOUR CYCLING CAREER!**





Other ways your school can get involved in cycling...



The Norfolk School Games



The Norfolk School Games is the largest school sport event to ever be held in Norfolk. The Games are open to all schools and young people and aims to inspire more young people to take part in competitive school sport.

Cycling features in the Norfolk School Games 2015.

To get involved visit
[**www.norfolkschoolgames.co.uk**](http://www.norfolkschoolgames.co.uk)



Keystage 1 & 2

Tour of Britain presentation - Casualty Reduction section

To celebrate the Tour of Britain coming to Norfolk, the road safety team have developed a series of activities. One of these is a presentation, which can be delivered as an assembly for the whole school. It promotes the use of cycle helmets in an entertaining format that will be enjoyed by all the pupils.

If you wish to invite us into your school, please contact your local road safety officer to discuss a presentation suitable for your school at
roadsafety@norfolk.gov.uk

The presentation will take about 20 minutes and is in the form of a PowerPoint followed by a messy demonstration of how a cycle helmet works, using eggs.

The Casualty Reduction Section will provide:

- *A road safety presenter*
- *The presentation on a memory stick*
- *Eggs and an egg-sized cycle helmet*

The school must provide:

- *An amiable audience*
- *Time and space to deliver the presentation*
- *A round of applause at the end*
- *IT equipment and somebody who knows what they are doing (exceptionally we may be able to provide our own)*





Level 1 & 2 Cyclist Training

Casualty Reduction Section

Level 1 training takes place in a safe, off-road setting. Over a two hour period, good cycling habits can start to be learned, alongside essential practice in the basics of balance and control. This session is targeted at seven and eight year old children although it may be just as appropriate for older people starting or returning to cycling. Progress is assessed, feedback offered and all participants receive a certificate at the end of the course.

Level 2 training moves the training into a real-world on-road situation where the concentration is not so much on cycle handling but more on learning the techniques and strategies to safely interact with other road users. Cyclists of nine years and above learn how to start, stop and turn right and left safely with real traffic over a six hour period. Participants use high-visibility tops and road signs are used to warn passing vehicles of training.

The course culminates in an assessment where both practical ability and theoretical knowledge are considered. Certification awarded may be for “Successful Completion” or “Completion” as appropriate.

Both of these courses require a roadworthy cycle and approved cycle helmet. All activities are fully risk assessed. Both of these courses involve the assistance and skills of volunteer instructors who are trained to make the best of training opportunities. Your local school will probably offer level 1 and 2 training but is always in need of more instructors and helpers. The Casualty Reduction Section is always keen to help with resources and staff.

Tel: **01603 223348** or email
roadsafety@norfolk.gov.uk for more information.



Bikeability

Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

There are three Bikeability levels, with each level designed to help improve their cycling skills, no matter what they know already. Levels 1, 2 and 3 take trainees on a journey from the basics of balance and control, all the way through to planning and making a journey by themselves on busier roads.

To find a **Bikeability** course near you, contact your School Sports Partnership www.norfolkssp.co.uk.





Go-Ride Clubs

Go-Ride clubs have something to offer all young people. Whether it is riding or volunteering, there are opportunities to suit everyone. Go-Ride clubs would like to work with your school.

These are the Go-Ride Clubs in Norfolk:

- **Norfolk Cycling Academy** - Great Yarmouth
- **Norwich Flyers BMX** - Norwich
- **Norwich Amateur BC** - Mulbarton
- **Norwich Cycle Speedway Club** - Norwich
- **Hethersett Cycle Speedway Club** - Hethersett
- **Kings Lynn Cycling Club** - King's Lynn
- **Iceni Velo Cycling Club** - Norwich

To find details of your local Go-Ride club visit www.britishcycling.org.uk/clubfinder



Sporting Ambassadors

The **Active Norfolk Sporting Ambassadors scheme** gives you access to sporting heroes - including Olympic cyclist Bryan Steele - to run anything from mentoring sessions to demonstrations, and award ceremonies to assemblies. You can also find out about the people behind the heroes - such as coaches and physios who help shape the champions.

To find out more, look at athlete profiles and book an ambassador, visit www.activenorfolk.org/sportingambassadors



We hope your school enjoys these Tour of Britain activities.

Don't forget to come out and support The Tour on 12th September!

Starting at Fakenham Racecourse and riding through:

- Fakenham
- Reepham
- Aylsham
- Norwich
- Wymondham
- Attleborough
- Thetford

In 2012 over 100,000
spectators lined the
route...

Get in gear and let's make
this year even better!

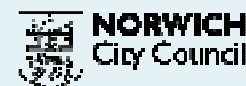
For more information on the start time, activities and opportunities to get involved in locally, visit:

www.tourofbritainnorfolk.co.uk



With Thanks

The Tour of Britain returns to Norfolk thanks to the following partners and sponsors:



Media Partner

Eastern Daily Press

