

Tour De France Bike Race

STAY ACTIVE

To get students moving and engaged in a fun and active bike race adventure that combines physical exercise with creativity. Each movement will simulate a challenge the rider faces in the race, encouraging fitness, imagination, and teamwork.



Learning Intentions

I can follow instructions and complete physical movements based on a story:

Students will listen and engage in fun movements that correspond to a bike race adventure, enhancing their ability to follow instructions while staying active.

I can use my imagination and creativity while moving:

This game encourages students to pretend they are in a bike race, fostering creativity while participating in various physical activities.

I can practice physical fitness with fun and engaging activities:

Students will perform different physical exercises such as squats, jumps, and planks, improving their coordination and overall fitness.



Success Criteria

Active Participation in Movements:

Students will actively participate in the bike race by completing each movement, staying engaged throughout the activity.

Correct Movement Execution:

Students will correctly perform each movement according to the story's instructions, demonstrating their understanding of the actions needed.

Creativity and Imagination:

Students will use their imagination to transform into different characters during the race, completing movements as if they were riding in the Tour de France.

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Objective:

To get students moving and engaged in a fun and active bike race adventure that combines physical exercise with creativity. Each movement will simulate a challenge the rider faces in the race, encouraging fitness, imagination, and teamwork.

Players:

Ideal for groups of 5 or more players, perfect for a classroom or gym setting.

Materials:

- No special materials are needed, just a space for students to move around.

Setup:

1. Students should stand in a circle or line, facing forward as if they are riding a bike.
2. Each student will stretch their arms out straight, mimicking the action of holding onto a bike's handlebars.
3. The instructor will narrate the story while guiding students through the physical movements.

Gameplay:

1. Starting the Race:

2. "You're all starting out in the *Tour de France*, the biggest bike race in the world, and you're in the starting group. Let's get ready to ride! Everyone, hold your arms out straight like you're holding the handlebars and start jogging in a place like you're pedaling in the race!"

3. **Action:** Jog in place like you're pedalling a bike.

4. Downhill:

5. "Uh oh, the first hill is coming, and we're heading downhill. You need to get as low as possible on your bike!"

6. **Action:** Drop down into a **plank position** on the floor, holding it for 5-10 seconds.

7. Uphill:

8. "Now it's time to tackle a steep mountain. You're leaning back on your bike, trying to push through and get to the top!"

9. **Action:** Lay on your back and perform **sit-ups**.

10. Low Branches:

11. "Watch out, there are low branches hanging over the path! You have to duck down to avoid them!"



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STAY ACTIVE

12. **Action:** Duck down and perform **squat jumps**, jumping back up after each squat.
13. **Flat Tyre:**
14. "Oh no, you've got a flat tyre! The only way to fix it is by performing **squat thrusters**!"
15. **Action:** Perform **squat thrusters** (squatting down and jumping up).
16. **Pot Holes:**
17. "Look out for those big potholes in the road! You'll need to ride carefully to avoid them!"
18. **Action:** Perform **squats**, as if you're going up and down over potholes.
19. **Right Hand Turn:**
20. "Time for a sharp right turn! Quick! You need to turn right to keep on the road."
21. **Action:** **Burpee to your right**, then jump back up.
22. **Left Hand Turn:**
23. "Now, a sharp left turn is coming! You have to turn left!"
24. **Action:** **Burpee to your left**, then jump back up.
25. **Avoid a Spectator:**
26. "A fan is running onto the road! You need to dodge them!"
27. **Action:** **Jump left, then right** to avoid the spectator.
28. **Avoid a Crash:**
29. "Oh no, there's a crash in front of you! You need to jump over it!"
30. **Action:** Perform **big tuck jumps**, simulating bunny hopping over a rider crash.
31. **Slipstreaming:**
32. "You're now in the slipstream behind another rider. You can go faster, but you need to crouch low!"
33. **Action:** **Crab walk** in a crouched position, pretending to benefit from the rider's slipstream.
34. **Finish Line:**
35. "The finish line is just ahead! Pedal hard and give it all you've got!"
36. **Action:** **Sprint in place** with high knees, as if crossing the finish line.

Winning the Game:

This game is about participation, fun, and getting fit! There are no winners or losers; the goal is to complete each movement and have fun while pretending to race in the *Tour de France*.



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Variations for Different Settings:

1. Modified Edition:

Use simpler movements like jumping in place or walking instead of more complex actions like burpees or crab walks.

2. Outdoor Edition:

Take the activity outside for more space and to make the race feel even more real, with students running or biking in a larger area.

3. Family Edition:

Families can join in and compete together, making it a fun family bonding experience.

Additional Notes:

Tour De Bootcamp Bike Race is a fun, dynamic movement story that gets students involved in physical activity while engaging their imagination. The movements simulate a thrilling bike race, encouraging students to be active, stretch, and use their creativity in a story-based adventure. Perfect as a warm-up or fun end-of-class activity!

