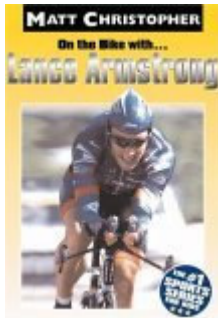


Tour De France FEVER



Well, its official – Tour De France fever has hit our home with a vengeance. Instead of fighting it I decided to join it. Here is a homegrown Tour De France unit study for all biking enthusiasts or just someone who wants to experience a little arm chair travel to the gorgeous country of France.

Resources:



Literature:

[On the bike with Lance Armstrong,](#) Matt Christopher

[Racing Bikes,](#) Usborne Super Skills ISBN

[DK Outdoor Adventure Guide Biking,](#) Hugh McManners

For older: [The Dummy's guide to the Tour De France](#)

Websites:

<http://www.enchantedlearning.com/europe/france/labelregions/labelanswers.shtml>

<http://www.enchantedlearning.com/subjects/continents/Europe/label/label.shtml>

Mom's secret weapon!

<http://www.letour.fr/2005/presentationus/parcours.html>

<http://www.lancearmstrong.com/>

Science of Lance Armstrong

http://news.nationalgeographic.com/news/2005/07/0722_050722_armstrong.html

History of Tour

<http://www.brownielocks.com/tourdefrance.html>

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Materials:

We have decided to store our work from this unit in a lapbook. If you would like to do that then you need a variety of folders, glue, colored cardboard and papers.

Preparation:

- Print off the two maps from the above sites.
- Enlarge them on a Photocopy machine
- The Third map is for you mom to follow the route as your children plot the course.
- Bookmark the URL to find them when you need them
- Order or collect the books from the library
- Show your children where France fits into the world map.

Day 1

- Read through with your children the History of the Tour on the last website above.¹
- Begin the biography of Lance Armstrong. Older children can read it on their own.
- Design the cover for you lapbook if you are doing that project.
- Plot on one of your enlarged maps the Tour so far. This will depend on where you join the Tour over the 3 weeks.

Day 2

- Continue reading your Lance Armstrong Biography. .
- Today using the “timeline” from Brownie Lock’s site create a time line of the Tour to date with the winners names next to the correct year. Can your children guess why there was no Tour in the years 1915-1918 and 1940-1945?
- Make it with a concertina fold to fit in your lapbook or you could wrap it around your wall. Put in your children’s birthdates as well as other family members.
- If your children would like to put a few photos of multiple winners then there are a few to be found here:
http://news.bbc.co.uk/sport1/hi/other_sports/cycling/photo_galleries/2994692.stm and here <http://www.bikeraceinfo.com/index.html>
- You can also make a small book with their pictures, names and year of wins. Photos at the bottom of this document
- Continue to plot the race on your enlarged map.

¹ At the time of writing this unit, there were two errors and one omission on this site: There is no longer a red jersey given to the last cyclist. There are 10 teams with between 7 and 10 riders. The omission is that the do give a GREEN jersey for the cyclist with the most accumulated points – more often that a sprinter.

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Day 3

- Continue reading your Lance Armstrong Biography.
- Today you and your children are going to explore the mechanics of the bike.
- Browse through and read those pages that interest them in Usborne Superskills – Racing Bikes.
- Print off the following label me printouts for as many children participating in the unit. Help them to label the diagram. Add it to your lapbook
- <http://www.enchantedlearning.com/language/english/label/bicycle/>
- Do your children have their own bike? Time to give it a clean! Let them follow the instructions on page 40 and 40 of DK Outdoor Adventure Guide Biking.
- Take some photos of them working – add them to the lapbook.
- Continue to plot the race on your enlarged map.

Day 4

- Continue reading your Lance Armstrong Biography.
- Continue to plot the race on your enlarged map.
- Today your focus is on multiple winners of the Tour.
- Create a bar graph using the information on Brownie Lock’s webpage of the multiple winners. (Don’t have time? Use the grid I prepared below!) Remember to add this to your lapbook.

Day 5

- Continue reading your Lance Armstrong Biography.
- Continue to plot the race on your enlarged map.
- Your focus today is the History of Bicycles. Visit the bicycle museum of America online and view a screen show of the timeline.
<http://www.bicyclemuseum.com/html>
- Then read with your children the following article
<http://www.footprintpress.com/Articles/historyBike.htm>
- You and your children may enjoy the following biography of the Wright Brothers whose first income producing interest was from bicycle manufacturing. “[Wright Brothers Pioneers of American Aviation](#)” By: Reynolds
- For older children let them write an essay, younger children can dictate a narration of the bikes history. Little ones can draw a picture of a bike for the lapbook.

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Day 6

- Continue reading your Lance Armstrong Biography.
- Continue to plot the race on your enlarged map.
- Today your focus is nutrition. As with most things there are always varying points of view. Visit the two sites below and read their views. Talk this over with your children and then design a menu for the three days running up to your imagined race as well as a menu for the day after.
- You may also want to create a food pyramid depicting a non-cyclists diet and a comparison one for a cyclist. Add them to your lapbooks or file.
- http://library.thinkquest.org/11569/html_home/html_safety/nutrition.html
- <http://www.bicyclesource.com/body/nutrition/new-theories.shtml>

Day 7

- Continue reading your Lance Armstrong Biography.
- Continue to plot the race on your enlarged map.
- Today your focus is TEAM WORK.
- Here http://www.letour.fr/2006/TDF/LIVE/us/700/r1_equip.es.html is a listing of all the teams and their jersey colors.
- Here is a riders list:
<http://www.letour.fr/2006/TDF/RIDERS/us/partants.html>
- Adopt one team as “your own” and follow their progression in the Tour.
- Here is a touching article on one of the team mates of Lance Armstrong in the 2002 Tour. http://www.intracell.net/tour_de_france.htm .
- Talk with your children about the way a team is set up in the Tour, which is to make way for the winner. They will sacrifice a wheel, their own times as well as their bike for a team mate. How can this apply to the family as a team?

Day 8

- Wrap up your reading
- Complete your lapbook
- For the remaining days of the Tour continue to plot the route and the winners.
- Perhaps you would like to dig deeper into the French way of life? A great starting point would be to visit [Kids Cooking Activities](#) and do a French food week or three ☺
- When the Tour finishes on 23rd of July (2006 date please check subsequent years), be sure to catch the final on TV.

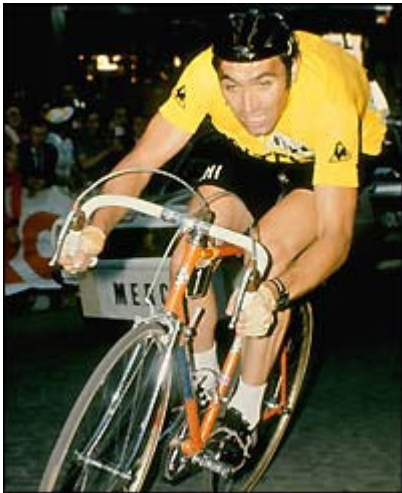
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BAR GRAPH



Eddi Merckx



Bernard Hinault

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Miquel Indurain



Lance Armstrong



Louison Bobet



Phillipe Thys