**CAVE MAN TOUR de FRANCE**

(a.k.a. “Bicycle Anatomy and Safety Relay)

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**Objective:** To review/assess bicycle anatomy (nomenclature) knowledge and review bike safety while also improving students’ fitness levels through a relay-type activity.

**PE Standards:**

**Health Standards:**

**Equipment Needed:** For **each** team of 3-4 students you will need—

1 long pool noodle 1 bicycle **OR** large laminated bike poster w/ Velcro

2 demi (or 1/3) noodles buttons on the bike parts to be identified

3 (or 4) – 10”noodle connectors w/ holes Laminated paper slips w/ bike part names and a

2 hula hoops velcro button on the back of each one

2 clothespins 1 frisbee or other item to hold bike part labels

2 red, yellow or orange mini (5”) polyspots **If using a bike instead of the poster:**

1 (or 2) yellow or orange pinnie/s 1 pipe cleaner/zip strip for each bike part label

1 (or 2) plastic grocery bag/s trimmed back 1 hole-punched 2” x 3” fun foam piece or an

 to fit like a bike helmet index card for each bike part label

If needed/desired: 1 (or 2) pr. cheap sunglasses

List of bicycle training exercises ***Optional:*** 1 lg. tub to hold items to “make” a

 bicycle

 **Other equipment needed for this activity—**

 Cones for the racetrack, plus 1 cone per team

**Set-Up:** Place a cone about 10-12 ft. from the outside corners of the playing area. (These will be the cones the teams will have to “ride” their “bikes” around at the end of the activity.)

Teams of 3 (or 4) students/team line up on one end of the gym/area, with each team lined up behind their team’s starting cone. Each team should have a list of “bicycle training exercises” on the floor near them. At the opposite end of the gym, put one bike or the prepared bike poster. If using real bikes instead of the posters, use pipe cleaners to attach hole-punched fun foam squares or index cards (prepped with a velcro tab on the front of each) to the various parts of the bike you desire students to identify. Place the velcroed bike part labels in a frisbee (or on a polyspot) on the floor near the bike/bike poster.

In the middle area of each team’s “lane” put all the pieces needed to “build” their bike and “clothe”

their bike rider/s. (Note: If teams have 4 members on it, they will build a bicycle built for two.)

**Activity:** On the teacher’s signal, the first member of each team will run down to the far end, select a bike label out of their Frisbee, and stick the label onto the index card attached to the correct, corresponding bike part. This student then runs back to his/her team, picking up one “bike part” (noodle, pinnie, etc.), from their pile in the middle as he runs past it to get back to his/her team, placing the selected bike part on the floor behind his team. The next team member will repeat this process as soon as the previous team member passes their team’s start cone. Meanwhile, while team members take turns running down and labeling bike parts, etc., the rest of the team performs the exercises listed on their “bicycle training exercises” sheet, starting with the top one listed and working down the list. Students will do the listed exercise until the running team member gets to the middle and has selected a bike part/accessory.

 When each team’s bike parts are all labeled and all the “bike” parts/accessories have been retrieved from their middle pile, that team will then assemble their “bikes” and outfit their “rider/s” according to the teacher’s instructions/demonstration. [Note: See attached drawing]

 The rider/s will then hop on their bike, wearing their “helmet” and bright pinnie, while the other two teammates wear a “reflector” and are holding the front/back of the bike and a wheel (hula hoop). The team and bike must stay connected during the race. Teams must run (ride their bikes caveman style) down to the opposite end, then across and around the first cone and around a complete lap, with the driver using proper bicycle hand signals before each turn. The second time they reach cone #1 they must circle it and reverse directions, running the second lap in the opposite direction, with the rider again using proper hand signals on each turn. After passing around cone #4 at the end of their second lap teams will head to their start cones and try to be the first team back to their team’s home cone.

 Note: All members of the team MUST stay connected with the bike and rider/s the entire time while doing their laps. If they become disconnected, they must all stop immediately, fix their bike and/or become reassembled before they can run again. Also, any team that crashes into another team forfeits their race (or perform some penalty task).

**Building the bike/outfitting the rider:**

 Bike rider/s—Puts on the trimmed plastic grocery bag as his helmet. He must tie the straps (1 time) under

 his chin. He also puts on a bright colored “shirt” (pinnie) to be more easily seen by motorists.

 Multiple bike riders—If teams have 4 members, add an extra “seat” on the bike and he becomes a second

 rider on the bike, also wearing a helmet and pinnie.

 Front of bike- One team member hold the front end of the bike (long noodle) and a wheel (hula hoop).

 He also must clip on a “reflector” (yellow or orange mini polyspot) onto the FRONT of his shirt

 using the clothespin.

 Back of bike- One team member holds the rear end of the bike and a wheel (hula hoop). He clips a

 “reflector” (red or orange mini polyspot) onto the BACK of his shirt, using a clothespin.

**CAVEMAN TOUR de FRANCE TRAINING EXERCISES**

*(Directions: Perform these exercises while your teammate is running down to the bike and back. Do the next exercise each time a new teammate takes his/her turn labeling a bike part.)*

Planks

Curl-Ups

Mountain Climbers

Jumping Jacks

Coffee Grinders

Leg Lifts

“Air” Bicycle Pedaling

Shadow Boxing

Push-Ups

Burpees

High Knees

*Rest*

Jog in Place

Squats

Side Jumps

Scissor Kicks

Mule Kicks

Shadow Kick Boxing