

Cycling fun



We hope you're as excited as we are to see the 2016 Aviva Women's Tour pass through your town! Cycling is a great way to keep fit and active and can be lots of fun when you are out with your family and friends. We hope that you enjoy this activity sheet.

Wordsearch

Can you find these cycling terms in our wordsearch

cyclist	gears	speed
bike	frame	peloton
winner	team	spokes
podium	route	carbon fibre
tour	sprint	handlebars
aviva	wheels	yellow jersey
britain	mountain	
stage	road	

c	t	n	i	r	p	s	q	f	b	s
y	x	d	s	p	o	t	d	y	r	r
c	b	a	v	i	v	a	x	e	i	a
l	n	o	s	g	w	g	k	l	t	b
i	n	r	t	w	s	e	q	l	a	e
s	p	o	k	e	s	e	l	o	i	l
t	w	i	m	s	p	s	m	w	n	d
q	h	v	r	b	m	o	u	j	q	n
j	e	a	m	j	e	r	i	e	k	a
k	e	j	g	a	p	q	d	r	q	h
g	f	r	a	m	e	w	o	s	p	e
w	x	e	t	v	l	t	p	e	j	s
h	j	n	s	i	o	o	j	y	v	p
e	i	n	j	k	t	u	c	a	r	e
e	b	i	k	e	o	r	o	u	t	e
l	i	w	q	h	n	t	b	l	q	d
s	p	l	n	i	a	t	n	u	o	m
c	a	r	b	o	n	f	i	b	r	e

c	t	n	i	r	p	s	q	f	b	s
y	x	d	s	p	o	t	d	y	r	r
c	b	a	v	i	v	a	x	e	i	a
l	n	o	s	g	w	g	k	l	t	b
i	n	r	t	w	s	e	q	l	a	e
s	p	o	k	e	s	e	l	o	i	l
t	w	i	m	s	p	s	m	w	n	d
q	h	v	r	b	m	o	u	j	q	n
j	e	a	m	j	e	r	i	e	k	a
k	e	j	g	a	p	q	d	r	q	h
g	f	r	a	m	e	w	o	s	p	e
w	x	e	t	v	l	t	p	e	j	s
h	j	n	s	i	o	o	j	y	v	p
e	i	n	j	k	t	u	c	a	r	e
e	b	i	k	e	o	r	o	u	t	e
l	i	w	q	h	n	t	b	l	q	d
s	p	l	n	i	a	t	n	u	o	m
c	a	r	b	o	n	f	i	b	r	e

Solution

Did you know??

The first bike invented was almost entirely made from wood.

Health Facts

Every time you step forward, you use fifty-four muscles.

brought to you by



Cycling fun (continued)

Health Facts

The smallest bone in the body is in your ear.



Q: What did the dentist say to the golfer?

A: You have a hole in one.

Spot the difference

Can you find the five difference?



Did you know??

Bikes don't actually need riders. A bike can stay upright without a rider as long as its moving at 8mph or faster.

Answer



Q: What do you have if your head is hot, your feet are cold, and you keep seeing spots?

A: You have a spotty sock on your head



Q: If an apple a day keep the doctor away, what does an onion do?

A: Keep everyone away.

brought to you by



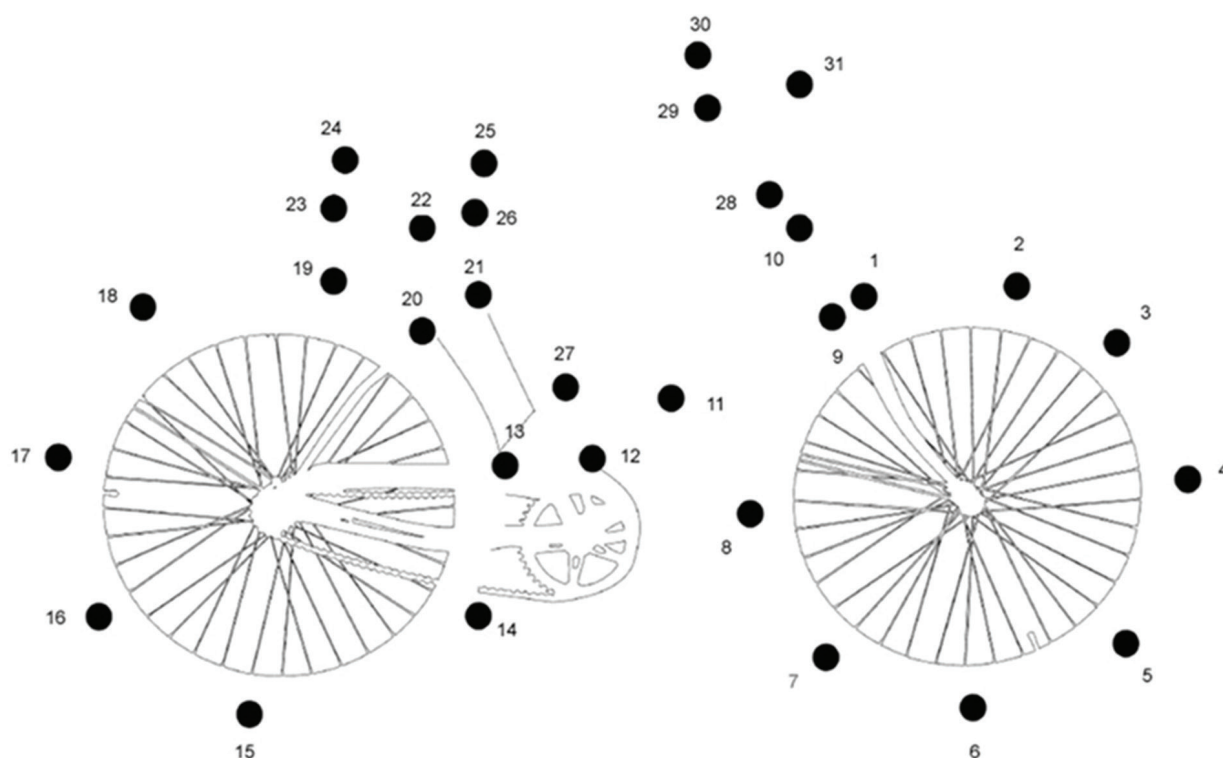
Q: What sort of transport gives you a cold?
A: A choo-choo train.



Did you know???

The longest tandem bike had 35 seats and was 67 feet long.

Join the dots



Health Facts

Your nose makes about a cup of snot each day.

Health Facts

The heart is the strongest muscle in the body.



Q: How did the skeleton know it was raining?
A: He could feel it in his bones.

Did you know???

You can travel three times faster on a bike than you can walk, for the same amount of energy.