Annie Londonderry became the first woman to cycle around the world. At the age of 23, she took a change of clothes and a revolver with her and used her bicycle and her body as an advertising billboard to make money!

Up until the early 1900s women did not have the right to vote in elections. The Suffragettes believed this was unfair and led by Emmeline Pankhurst campaigned for rights for women. Their motto was "deeds not words" and law-breaking, violence and hunger strikes all became part of their tactics. Many women went to jail for protesting and to try to raise awareness of the Suffragettes. Emily Davison died when she stepped in front of the King’s Horse at the Derby Horse Race in 1913 – that is how important the suffragettes felt votes for women was.

In the late 1800s bikes were big and dangerous and considered only for men. Then the 'safety' bike was invented which was smaller and easy to ride. This encouraged more women to cycle and meant that women were free to go where they wanted. Suffragettes used the bike as a symbol for women's freedom.

Beryl Burton dominated women’s cycle racing in the 1950's and 1960's. Here are some amazing facts about Beryl:
1. Beryl has won over 90 races including seven world titles in cycling.
2. As she passed her fellow male racer Mike McNamara in the 12-hour time trial, she casually offered him a sweet.
3. Beryl Burton and her daughter Denise both set a record for a British 10-mile ride on a tandem bicycle, which took them only 26 minutes and 25 seconds!
4. At the first cycling club race she took part in, she came in 9th.

In 2012 the Olympic Games were held in London. The Olympic Games are the biggest and most important sporting event in the world, Competitors represent their countries from all over the world in sports such as wrestling, shooting, archery and cycling.

In 2012 the Great British cycling team finished first in the Olympic Games for the first time. The team GB pursuit track team consisting of Laura Trott, Dani King and Joanna Rowsell took Gold in the London 2012 Olympics.

The ‘Safety’ Bike
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The Aviva Women’s Tour bike race is coming to Norfolk and to celebrate we are setting you a series of challenges! For every challenge you complete you will receive a bike sticker.

Your challenge: to collect all the bike stickers!
Challenge 1

Read a fiction book about cycling and complete the questions below to win your sticker.

Choose a fiction book about cycling:

Some ideas are:
- Curious George Rides a Bike – H.A Rey
- Eric’s Big Day – Rod Waters
- Supergrandpa – David M. Schwartz

Read the book, whilst you are reading:
Find 3 words that are new to you, find out what they mean and write them down here...

<table>
<thead>
<tr>
<th>Word</th>
<th>Meaning</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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</tbody>
</table>

Explain the plot of the story, what happens?
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

What did you learn from the story? How did cycling help tell the story?
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Challenge 2

The Aviva Women’s Tour has 5 stages to the race:

- Stage 1 – Southwold to Norwich – 132km
- Stage 2 – Atherstone to Stratford-upon-Avon – 140km
- Stage 3 – Ashbourne to Chesterfield – 112.6km
- Stage 4 – Nottingham to Stoke-on-Trent – 119.6km
- Stage 5 – Northampton to Kettering – 113.2km

How far will the competitors cycle in total?
_________________________________________________________________________________________

There is 1.6km in a mile. How far will the competitors cycle in miles?
_________________________________________________________________________________________

For a further challenge:

What percentage of the total course is the Southwold to Norwich stage?
_________________________________________________________________________________________

If the winning rider finishes the whole race in 15 hours, what was their average speed in kilometres per hour?
_________________________________________________________________________________________
Challenge 4

It is really important that all the cyclists train lots and stay fit.

1) A great way to stay fit is to walk, cycle or scoot to school and home from school. Do this for 5 days and tick the box in the table below every time you walk, cycle or scoot to or from school.

Also, ask your mum or dad to post a picture of your cycling on the Tour of Britain – Norfolk Stage Facebook page.

Day 1 Day 2 Day 3 Day 4 Day 5

<table>
<thead>
<tr>
<th>Sport</th>
<th>Did you enjoy it and why?</th>
<th>Name 3 skills that you needed to use</th>
</tr>
</thead>
</table>

2) Cycling is a great sport. It keeps you fit and healthy. It’s fun and it can help you to travel places you want to go, but there are lots of other great sports that you can play too. Try 3 new sports and then describe:

- Whether you enjoyed the sport and why
- What skills you needed to play the sport, for example balance, speed, strength or co-ordination.

3) Being physically active is really important in staying happy, healthy and fit. Your next challenge is to join a sports club. This can be an after school club or a local sports club. Ask the instructor at the club or your teacher to sign to say that you have taken part at the club.

Club | Teacher/Instructor Signature
---|---

Challenge 3

Design a team jersey for your very own cycling team...

Don’t forget to give your team a name!

Place sticker here
All the competitors on the Aviva Women’s Tour have nutrition plans to keep them super healthy because eating and drinking the right things is important whether you want to be a top athlete or just a healthy and happy person.

1) Swap a sugary snack or drink for a healthier option every day for 5 days. A helpful website to tell you some healthy snacks is www.change4life.co.uk/sugar

<table>
<thead>
<tr>
<th>Day</th>
<th>Sugary Snack/Drink</th>
<th>Healthy Swap</th>
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</table>

2) Go on www.change4life.co.uk/sugar to find out:

- How many grams of sugar should you have in a day? _____________
- How many cubes sugar are in a can of cola? _____________
- How can you find out how much sugar is in the food you eat and the drinks you drink? _____________

3) Visit www.change4life.co.uk and read the eat well section.

- Why is it important that you eat 5 portions of fruit and vegetables a day? ____________________________________________________________________________________________
- Can you name the 2 types of fat that we eat? Which of these is described as ‘bad fat’? ____________________________________________________________________________________________
- Why is too much salt bad for you? And how much salt should someone your age eat in a day? ____________________________________________________________________________________________

Day Sugary Snack/Drink Healthy Swap

We all want more girls to cycle so using everything you have learned about cycling design a poster to get more girls on their bikes! Remember to tell girls why they should cycle more.

What was the motto of the Suffragettes? ______________________________________________________

Which bike encouraged more women to cycle?__________________________________________________

What position did Beryl Burton finish in her first race? __________________________________________

What was the 12 hour time trial record before Beryl Burton set the new record? You have to do some maths to get this answer! _____________________________________________________________

How many medals did the British Cycling team win in total at the London Olympic Games? ___________________________________________________________________________________

Why do you think that more boys and men cycle than women and girls? ___________________________________________________________________________________