

# Tour De France Movement Story

Ride the Tour de France without leaving the room — a full-body cycling adventure told through movement.

SCAN TO SEE IT PLAYED



## The core game

### How it works

- 1 Everyone stands up and pretends they are on a bike, arms out and slightly bent as if gripping handlebars.
- 2 The leader narrates the race story, calling out terrain types and situations one at a time.
- 3 Players perform the matching movement for each call: Downhill = plank position; Uphill = squat thrusters; Low branches = duck down with squat jumps; Pot holes = squats; Right hand turn = burpee then straight back up; Left hand turn = burpee then jog straight; Avoid a spectator = fan motion with arms; Avoid a crash = big tuck jumps; Slipstreaming = crouch behind someone.
- 4 The last player to complete the movement in each round, or anyone who does the wrong movement, does a fun forfeit before rejoining.

## Ways to play

### Two versions for every occasion

#### Way 1 — Tour De Bootcamp (Full Version)

Best for 4+ players · Open space, indoors or outdoors

- Everyone starts standing with arms out like they are holding handlebars — announce that the race is about to begin.
- The leader reads or makes up a cycling race narrative, weaving in terrain calls naturally ('You hit a steep uphill...').
- Players perform the correct movement for each call — Downhill: plank; Uphill: squat thrusters; Pot holes: squats; Low branches: duck and squat jump; Right turn: burpee up straight; Left turn: burpee then jog on; Avoid

#### Way 2 — Backyard Family Race (Home Version)

Best for 2-5 players · Garden, living room, or hallway

- One family member is the race commentator and makes up the route as they go.
- Keep the movements simple: hills = squat up and down slowly; flat road = jog on the spot fast; corners = lean side to side; obstacles = jump over an imaginary puddle.
- Let children take turns being the commentator and inventing new terrain challenges.
- Add a points system — whoever is last to do the right movement loses a point, and the

spectator: fan arms; Avoid crash: tuck jumps;  
Slipstream: crouch behind a partner.

- Play for 5-10 minutes, increasing the pace of calls as the race heats up.
- Finish with a sprint to the finish line — everyone does 10 star jumps to cross the finish.

player with the most points after one lap of the 'course' wins.

TIP FOR PARENTS

## Try this at home

Ham up the commentary as much as possible — dramatic descriptions of mountains, cheering crowds, and rival riders make children work harder without even noticing. Pause to let them catch their breath naturally as part of the story ('The peloton slows on the cobblestones...').

THE SCIENCE OF  
PLAY

## Why it works

Movement stories engage the imagination and the body at the same time, making physical activity feel like play rather than exercise. Listening for cues and reacting quickly builds focus, coordination, and cardiovascular fitness all at once — and the storytelling element keeps even reluctant movers happily engaged.

SCHOOL ' HOME

## The connection

*Your child rode the Tour de France in their PE session today — bring the race home and see if they can teach you the moves they learned.*