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# COMPREHENSION
# NINJA

MASTERING COMPREHENSION: Photocopiable Activities to Improve Reading

## FOR AGES 9–10

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# CONTENTS

# 12 THE TOUR DE FRANCE

Each year in July, more than 200 cyclists from 22 teams compete in an epic bicycle race across France: the Tour de France. The race winds its way through sprawling cities, cobbled streets, picturesque countryside and even snow-capped mountains to its climax in Paris. It is divided into stages of different lengths and with types of track.

**The first race**

The race was first held in July 1903 and was won by a French man, Maurice Garin. Over 100 years later, the Tour has become one of the most high-profile sporting events in the world.

**Winning jerseys**

Instead of medals, cyclists in the Tour de France are awarded jerseys for their achievements in different categories as the race goes on.

- The yellow jersey is awarded to the rider with the lowest total time of all the stages that have been raced so far. At the end, this cyclist is the winner of the Tour de France.

- The green jersey is awarded to the rider who has accumulated the most points by finishing high in individual stages of the race and winning sprints.

- The polka-dot jersey is awarded to the best-performing racer in stages where difficult hills and mountains are involved.

- The white jersey is awarded to the best-placed rider under 26 years of age at the end of each stage.
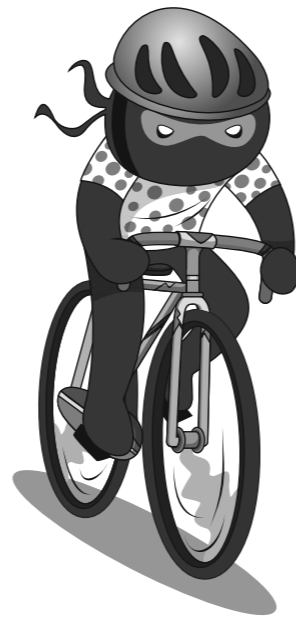
**British icons of cycling**

Philippa York, who competed as Robert Millar, was an early hero, winning the title 'King of the Mountain' for being best at cycling up the steep mountain inclines of the 1984 Tour de France – the first time a British rider won a Tour de France classification. York finished fourth overall, achieving the highest-ranked British position in the Tour de France for over 20 years.

Bradley Wiggins was the first Briton to win the Tour de France in 65 years, in 2012. Wiggins rode for Team Sky and won the race by over a minute. He also won an Olympic gold medal in the same year.

Mark Cavendish, unlike Wiggins, was a specialist sprint cycler. Some of the stages of the Tour de France are short, and so are better suited for riders like him. He won thirty individual stages of the Tour de France, and was awarded an MBE in 2011.

Chris Froome won four Tour de France titles for Team Sky, in 2013, 2015, 2016 and 2017. He also won the other two 'grand tour' European cycling races: the Vuelta a España, in 2017, and the Giro d'Italia, in 2018. He took bronze in the 2017 World Championships, and was given an OBE.

**Allegations**

The Tour de France hasn't always been known for glory, sporting greatness and human resilience. Some riders are apparently willing to do anything to win, and the sport has been rocked by allegations of cheating – mainly the use of performance-enhancing drugs.

One of these drugs is called EPO. EPO makes the body produce more red blood cells so it can absorb more oxygen. As a result, athletes can produce more energy for longer, giving them an unfair advantage.

Perhaps the most famous conviction for use of EPO was American cyclist Lance Armstrong's. He won seven Tour de France titles, but had all of them invalidated after he tested positive for the drug. After initially denying that he had used it, he finally admitted his sporting crimes on TV, in 2013.

**Record winners**

Winning the Tour de France is a dream that few riders achieve. However, winning once just wasn't enough for some! The table below shows the Tour's most prolific riders – some of whom won the prestigious title no less than five times. As you will notice, Lance Armstrong is no longer present on this list.

| 5 | Jacques Anquetil | 1957, 1961, 1962, 1963, 1964 |
|---|---|---|
| | Eddy Merckx | 1969, 1970, 1971, 1972, 1974 |
| | Bernard Hinault | 1978, 1979, 1981, 1982, 1983 |
| | Miguel Indurain | 1991, 1992, 1993, 1994, 1995 |
| 4 | Chris Froome | 2013, 2015, 2016, 2017 |
| 3 | Phillipe Thys | 1913, 1914, 1920 |
| | Louison Bobet | 1953,1954, 1955 |
| | Greg LeMond | 1986, 1989, 1990 |

# FILL IN THE GAP

**Read the sentences and choose the correct word or words to fill the gap.**

The white jersey is awarded to the best-placed rider _____ years of age at the end of each stage.

The _____ is awarded to the rider with the lowest total time of all the stages that have been raced so far.

The polka-dot jersey is awarded to the best-performing racer in stages where _____ and mountains are involved.

The green jersey is awarded to the rider who has accumulated the _____ by finishing high in individual stages of the race and winning sprints.

Perhaps the most famous _____ for use of EPO was American cyclist Lance Armstrong's.

EPO makes the body produce more red blood cells so it can absorb more _____.

He won seven Tour de France titles, but had all of them _____ after he tested positive for the drug.

Some riders are apparently willing to do anything to win, and the sport has been rocked by allegations of _____ – mainly the use of performance-enhancing drugs.

He won _____ individual stages of the Tour de France, and was awarded an MBE in 2011.

Some of the stages of the Tour de France are short, and so are _____ for riders like him.

Mark Cavendish, unlike Wiggins, was a _____ sprint cycler.

_____ won four Tour de France titles for Team Sky, in 2013, 2015, 2016 and 2017.

Over 100 years later, the tour has become one of the most _____ sporting events in the world.

The race winds its way through _____, cobbled streets, picturesque countryside and even snow-capped mountains to its climax in Paris.

Each year in July, more than _____ from 22 teams compete in an epic bicycle race across France: the Tour de France.

# MATCHING

**Draw a line with a ruler to match the information.**

| | |
|---|---|
| Bradley Wiggins | King of the Mountain 1984 |
| Philippa York | Olympic gold medal winner |
| Mark Cavendish | specialist sprinter |
| Tour de France | world's most famous race |

| | |
|---|---|
| Giro d'Italia 2018 | Mark Cavendish |
| MBE 2011 | Chris Froome |
| July 1903 | Bradley Wiggins |
| Tour de France 2012 | first race |

| | |
|---|---|
| Chris Froome | 1990 |
| Jacques Anquetil | 2013 |
| Greg LeMond | never won |
| Mark Cavendish | 1957 |

| | |
|---|---|
| Lance Armstrong | best climber |
| green jersey | produces more red blood cells |
| EPO | seven Tour de France titles invalidated |
| polka-dot jersey | most points |

| | |
|---|---|
| yellow jersey | EPO |
| admitted cheating on TV | lowest total time |
| banned drug | best rider under 26 |
| white jersey | Lance Armstrong |

# LABEL

**Label the description with the correct cyclist.**

| | |
|---|---|
| won the Tour de France in 1991 and 1994 | |
| specialist sprinter | |
| 1984 King of the Mountain | |
| won the Tour de France by over a minute | |
| drugs cheat | |
| won the Tour de France in 1957 and 1961 | |

**Label the description with the correct jersey.**

| | |
|---|---|
| winner of the Tour de France | |
| hills and mountains | |
| lowest total time | |
| most points accumulated | |
| under 26 | |

**Label the year with the correct winner.**

| | |
|---|---|
| 1986 | |
| 1920 | |
| 1994 | |
| 1971 | |
| 1954 | |
| 1981 | |

# TRUE OR FALSE

**Read the sentences. Put a tick in the correct box to show which sentences are *true* and which are *false*.**

The Tour de France happens every year. True ☐ False ☐

The Tour de France happens in Germany. True ☐ False ☐

The Tour de France was first held in 2012. True ☐ False ☐

Bradley Wiggins won the first Tour de France. True ☐ False ☐

The race moves through cobbled towns and snowy mountains. True ☐ False ☐

Lance Armstrong had seven Tour de France titles invalidated. True ☐ False ☐

Mark Cavendish is a specialist sprinter. True ☐ False ☐

Bradley Wiggins won the Olympics and Tour de France in the same year. True ☐ False ☐

Chris Froome has won the Tour de France four times. True ☐ False ☐

Mark Cavendish has won the Tour de France thirty times. True ☐ False ☐

200 cyclists from 22 teams compete in the race. True ☐ False ☐

The Tour de France is a car race. True ☐ False ☐

People have used performance-enhancing drugs to try and win the race. True ☐ False ☐

EPO builds larger muscles. True ☐ False ☐

Lance Armstrong admitted to cheating on TV. True ☐ False ☐

# ◎ MULTIPLE CHOICE

**Circle the correct answer for each of the following questions.**

In which month does the Tour de France take place?

| January | May | July | September |

How many teams compete in the Tour de France?

| 12 | 18 | 22 | 26 |

In which city does the Tour de France finish?

| London | Lyon | Paris | Brussels |

When was the Tour de France first held?

| 1991 | 1954 | 1918 | 1903 |

Which jersey is awarded to the best rider under the age of 26?

| green | white | yellow | polka-dot |

Which jersey is awarded to the rider who performs the best on difficult hills and mountains?

| green | white | yellow | polka-dot |

Who won the Tour de France in 1989?

| Jacques Anquetil | Bernard Hinault | Greg LeMond | Miguel Indurain |

Who won the Tour de France in 1992?

| Jacques Anquetil | Bernard Hinault | Greg LeMond | Miguel Indurain |

Which of the following cyclists admitted using EPO?

| Bradley Wiggins | Lance Armstrong | Phillipe Thys | Eddy Merckx |

What does EPO make the body produce more of?

| red blood cells | energy | oxygen | carbohydrates |

# 123 SEQUENCING
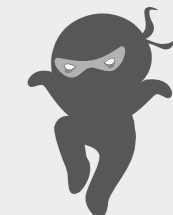
**Look at *The Tour de France*. Number the statements from 1 to 5 to show the order they occur in the text. Look at the first line of each paragraph to help you.**

The race was first held in July 1903, and was won by a French man, Maurice Garin.

The Tour de France hasn't always been known for glory, sporting greatness and human resilience.

Instead of medals, cyclists in the Tour de France are awarded jerseys for their achievements in different categories as the race goes on.

Perhaps the most famous conviction for use of EPO was American cyclist Lance Armstrong's.

Each year in July, more than 200 cyclists from 22 teams compete in an epic bicycle race across France: the Tour de France.

**Look at the table in *The Tour de France*. Number the statements from 1 to 5 to show the order they appear in the table.**

Chris Froome

Eddy Merckx

Miguel Indurain

Louison Bobet

Phillipe Thys

**Look at *The Tour de France*. Number the statements from 1 to 5 to show the order they occur in the text.**
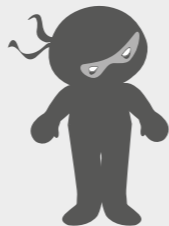
He also won an Olympic gold medal in the same year.

One of these drugs is called EPO.

At the end, this cyclist is the winner of the Tour de France.

He also won the other two 'grand tour' European cycling races: the Vuelta a España, in 2017, and the Giro d'Italia, in 2018.

However, winning once just wasn't enough for some!

# FIND AND COPY

**These questions are about *The Tour de France*.**

Look at paragraph one. Find and copy a word that suggests that teams are fighting against each other to win.

_____

Look at paragraph one. Find and copy a word that suggests that the race is very big and exciting.

_____

Look at the 'Winning jerseys' section. Find and copy a word that suggests that riders earn points in each stage.

_____

Look at the paragraph beginning 'Philippa York...'. Find and copy a word that suggests that the mountains are very tough to ride up.

_____

Look at the paragraph beginning 'Chris Froome...'. Find and copy a word that suggests that Chris Froome finished in third place in the 2017 World Championships.

_____

Look at the 'Allegations' section. Find and copy a word that suggests that cycling was negatively affected by cheating allegations.

_____

Look at the paragraph beginning 'Perhaps the most famous...'. Find and copy a word that suggests that Lance Armstrong's titles were taken away and no longer stand.

_____

Look at the paragraph beginning 'Winning the Tour de France...'. Find and copy a word that refers to the Tour's most successful riders.

_____

---

# UNDERLINE OR HIGHLIGHT

**Read the paragraphs below and then follow the instructions.**

## Allegations

> The Tour de France hasn't always been known for glory, sporting greatness and human resilience. Some riders are apparently willing to do anything to win, and the sport has been rocked by allegations of cheating – mainly the use of performance-enhancing drugs.
>
> One of these drugs is called EPO. EPO makes the body produce more red blood cells so it can absorb more oxygen. As a result, athletes can produce more energy for longer, giving them an unfair advantage.
>
> Perhaps the most famous conviction for use of EPO was American cyclist Lance Armstrong's. He won seven Tour de France titles, but had all of them invalidated after he tested positive for the drug. After initially denying that he had used it, he finally admitted his sporting crimes on TV in 2013.

Underline or highlight a word that means fame for being impressive.

Underline or highlight a word that means stating that something is not true.

Underline or highlight a word that means to confess to something.

Underline or highlight a word that means able to recover easily from difficulty.

Underline or highlight a word that means improving or making better.

Underline or highlight a word that means breaking the rules in order to win.

## FIND AND COPY

used / waste
preserve
designated
degrade / rot
illegally
reduce
refunding
reusable

## UNDERLINE OR HIGHLIGHT

customer
innovations
paperless
refunding
reverse
returned

# 12. THE TOUR DE FRANCE

## FILL IN THE GAP

| | | | |
|---|---|---|---|
| 1. | under 26 | 9. | thirty |
| 2. | yellow jersey | 10. | better suited |
| 3. | difficult hills | 11. | specialist |
| 4. | most points | 12. | Chris Froome |
| 5. | conviction | 13. | high-profile |
| 6. | oxygen | 14. | sprawling cities |
| 7. | invalidated | 15. | 200 cyclists |
| 8. | cheating | | |

## MATCHING

| Bradley Wiggins | Olympic gold medal winner |
|---|---|
| Philippa York | King of the Mountain |
| Mark Cavendish | specialist sprinter |
| Tour de France | world's most famous race |
| Giro d'Italia 2018 | Chris Froome |
| MBE 2011 | Mark Cavendish |
| July 1903 | first race |
| Tour de France 2012 | Bradley Wiggins |
| Chris Froome | 2013 |
| Jacques Anquetil | 1957 |
| Greg LeMond | 1990 |
| Mark Cavendish | never won |
| Lance Armstrong | seven Tour de France titles invalidated |
| green jersey | most points |
| EPO | produces more red blood cells |
| polka-dot jersey | best climber |
| yellow jersey | lowest total time |
| admitted cheating on TV | Lance Armstrong |
| banned drug | EPO |
| white jersey | best rider under 26 |

## LABEL

| | | | |
|---|---|---|---|
| 1. | Miguel Indurain | 10. | green jersey |
| 2. | Mark Canvendish | 11. | white jersey |
| 3. | Philippa York | 12. | Greg LeMond |
| 4. | Bradley Wiggins | 13. | Phillipe Thys |
| 5. | Lance Armstrong | 14. | Miguel Indurain |
| 6. | Jacques Anquetil | 15. | Eddy Merckx |
| 7. | yellow jersey | 16. | Louison Bobet |
| 8. | polka-dot jersey | 17. | Bernard Hinault |
| 9. | yellow jersey | | |

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | True | 9. | True |
| 2. | False | 10. | False |
| 3. | False | 11. | True |
| 4. | False | 12. | True |
| 5. | True | 13. | True |
| 6. | True | 14. | False |
| 7. | True | 15. | True |
| 8. | True | | |

## MULTIPLE CHOICE

July
22
Paris
1903
white
polka-dot
Greg LeMond
Miguel Indurain
Lance Armstrong
red blood cells

## SEQUENCING

2, 4, 3, 5, 1
3, 1, 2, 5, 4
2, 4, 1, 3, 5

## FIND AND COPY

compete
epic
accumulated
steep
bronze
rocked
invalidated
prolific

## UNDERLINE OR HIGHLIGHT

glory
denying
admitted
resilience
(performance-) enhancing
cheating

# 13. THE BRITISH EMPIRE

## FILL IN THE GAP

British colonies
influence
United States

## MATCHING

| Captain James Cook | claimed Australia for Britain |
|---|---|
| British East India Company | drove Britain's influence |
| British Empire | covered over six times more land than the Roman Empire |
| Hudson's Bay Company | created in Canada |

## LABEL

1960
1920
1670
1776
1770
1807

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | True | 4. | False |
| 2. | True | 5. | True |
| 3. | False | | |

## MULTIPLE CHOICE

over 3.5 million

## SEQUENCING

4, 2, 3, 1

## FIND AND COPY

profitable
voluntarily

## UNDERLINE OR HIGHLIGHT

regained
achieved

# 14. J.K. ROWLING

## FILL IN THE GAP

seven
translated
Lifetime

## MATCHING

| J.K. Rowling born | near Bristol |
|---|---|
| taught English | Portugal |
| relocated to | Edinburgh |
| had the idea | on a train |

## LABEL

2016
2018
2012
2007
over 75
12

## TRUE OR FALSE

True
True
True
False
False

## MULTIPLE CHOICE

2.65 million

## SEQUENCING

1, 4, 2, 3

## FIND AND COPY

passion
collaborated

## UNDERLINE OR HIGHLIGHT

cult
pseudonym

# 15. RESIDENTIAL ACTIVITIES

## FILL IN THE GAP

symbols
coordination
harness

## MATCHING

| targets at a distance | archery |
|---|---|
| balance, rhythm and determination | kayaking |
| requires a harness | zip lines |
| combines fitness and fun | orienteering |

## LABEL

bushcraft
crate climbing
kayaking
night line
orienteering
abseiling

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | True | 4. | True |
| 2. | True | 5. | False |
| 3. | False | | |

## MULTIPLE CHOICE

five stars

## SEQUENCING

1, 4, 3, 2

## FIND AND COPY

adrenaline-filled
collapse

## UNDERLINE OR HIGHLIGHT

gained
navigation

# 16. ICEBERGS

## FILL IN THE GAP

glaciers
catastrophe
trickle

## MATCHING

| iceberg creation process | calving |
|---|---|
| icebergs the size of cars | growlers |
| icebergs the size of houses | bergy bits |
| the shape of an iceberg | 'tabular' or 'non-tabular' |

## LABEL

ships
tabular
non-tabular
glaciers (and other ice structures)
freshwater
Iceberg Alley

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | False | 4. | True |
| 2. | False | 5. | False |
| 3. | True | | |

## MULTIPLE CHOICE

New York

## SEQUENCING

2, 1, 4, 3

## FIND AND COPY

catastrophe / disaster
misleading

## UNDERLINE OR HIGHLIGHT

extravagant
avoid

# 17. RAINFOREST ANIMALS

## FILL IN THE GAP

nutrient-rich
apex predators
Piranhas

## MATCHING

| harpy eagle | Harpia hapyja |
|---|---|
| emerald tree boa | Corallus caninus |
| sloth | Folivora |
| piranha | Pygocentrus nattereri |

## LABEL

harpy eagle
sloth
piranhas
emerald tree boa
emerald tree boa
harpy eagle

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | False | 4. | False |
| 2. | False | 5. | True |
| 3. | True | | |

## MULTIPLE CHOICE

sloth

## SEQUENCING

2, 3, 1, 4

## FIND AND COPY

solitary
drastic

## UNDERLINE OR HIGHLIGHT

plentiful
gauged

# 18. GRAVITY

## FILL IN THE GAP

planets
Moon
apple tree

## MATCHING

| ancient Greek philosopher | Aristotle |
|---|---|
| an invisible force | gravity |
| discovered gravity | Newton |
| famous book | Philosophiæ Naturalis Principia Mathematica |

## LABEL

gravity
gravitational pull of the Moon
their weight
apple
the National Trust
Newton-metre

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | True | 4. | True |
| 2. | False | 5. | True |
| 3. | False | | |

## MULTIPLE CHOICE

384-322 BCE

## SEQUENCING

2, 4, 1, 3

## FIND AND COPY

comfortable
legacy

## UNDERLINE OR HIGHLIGHT

invisible
discuss

# 19. COUNTRY STUDY: AUSTRALIA

## FILL IN THE GAP

Sydney
Melbourne
New South Wales

## MATCHING

| koalas, kangaroos and platypuses | inhabitants |
|---|---|
| Dutch explorers landed in 1606 | history |
| Uluru | geography |
| beaches and barbecues | Australian stereotypes |

## LABEL

Great Barrier Reef
1901
36
Melbourne
Canberra
gold

## TRUE OR FALSE

| | | | |
|---|---|---|---|
| 1. | True | 4. | False |
| 2. | False | 5. | True |
| 3. | True | | |

## MULTIPLE CHOICE

Canberra

## SEQUENCING

2, 1, 4, 3

## FIND AND COPY

populated
settled

## UNDERLINE OR HIGHLIGHT

diverse / range
remote