

What's happening in the news this week?



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Let's have a look at this week's poster!

7th - 13th September 2026



Picture
News



**What keeps us going when
things get tough?**

Let's look at this week's story

Between 2nd and 6th September, more than 100 of the world's best cyclists competed in the Tour of Britain Men. The five-day race began in Lincoln and travelled through Lincolnshire and Yorkshire, before finishing in the Scottish Borders on 6th September. In the men's event, the cyclists cover nearly 900 kilometres, tackling steep hills and challenging conditions along the way. Thousands have been gathering along the route to watch and cheer the riders on.

How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

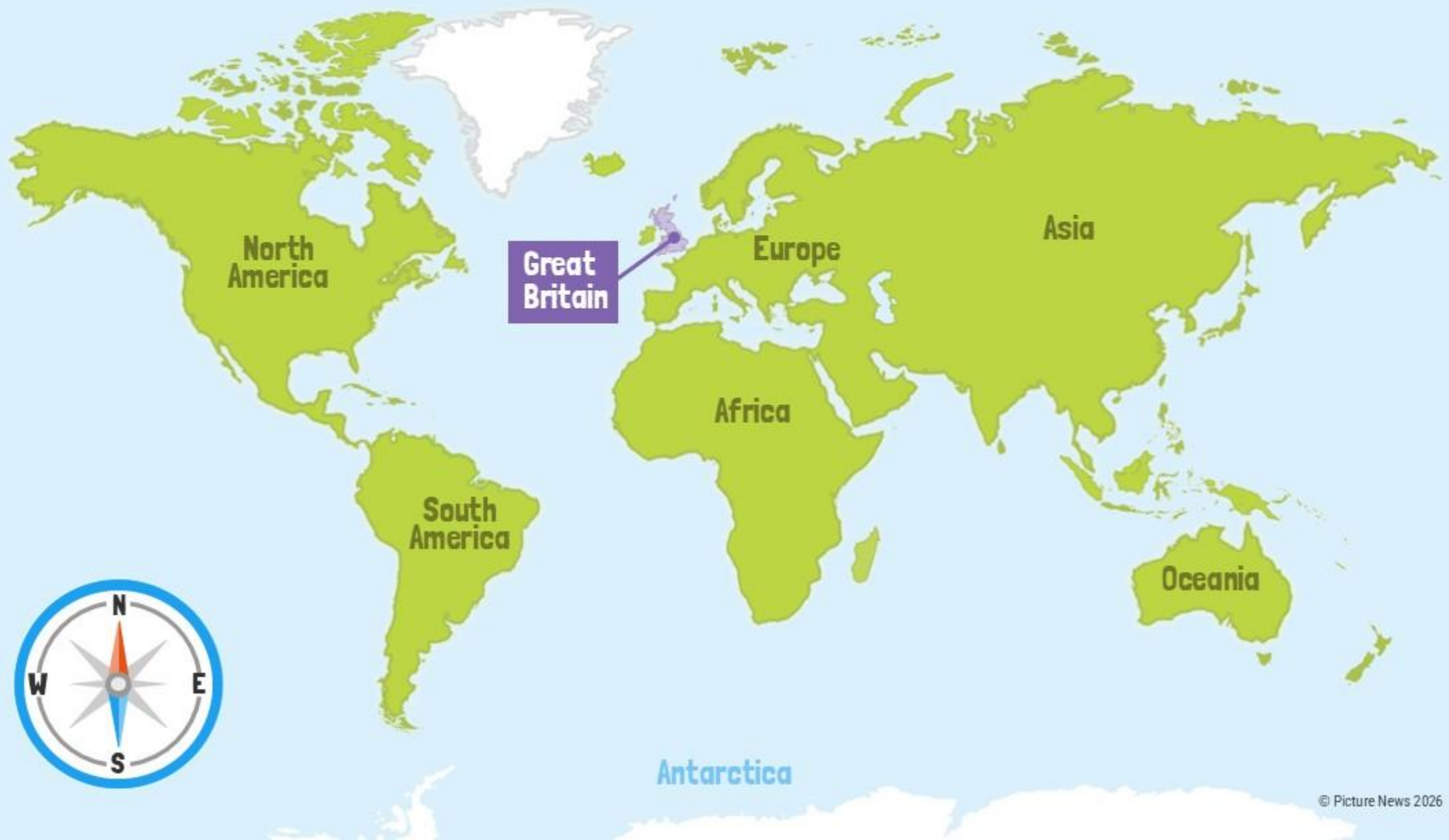
embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





Read the information below all about the men's event. Discuss some of the challenges for the cyclists, and what strategies are used to help them during the difficult parts.

Tour of Britain Men 2026

What is it?

The Tour of Britain is a road-cycling race. Riders compete across five different stages, travelling through towns, countryside and steep hills.

Their times are added together to decide the overall winner.

There is one Tour of Britain for women, and one for men.

What challenges will the cyclists face?

- Steep climbs require extra strength.
- Long distances can be exhausting.
- Wind and rain make cycling harder.
- Having little time to recover.
- Tyre punctures and bike problems.
- Staying focused and motivated.



Image: British Cycling, Tour of Britain Men 2026.

When?

2nd-6th September 2026

How long?

Five days

How far?

Nearly 900 kilometres

Who?

More than 100 professional male cyclists

Where?

From Lincoln to the Scottish Borders



What are some of the things that help the riders during the event?

Teamwork: Teammates support one another and share the work during the race.

Food and water: Riders must replace the energy and fluid they use.

Pace: Cyclists decide when to save energy and when to work harder.

Rest and recovery: Sleep and recovery help the riders prepare for the next stage.

Expert support: Coaches, mechanics and medical teams provide advice and help with problems.

Encouragement: Support from teammates and spectators can give riders a boost.



Look at the resource below, which shares some equipment that people might use to stay safe when cycling.



Helmet

A correctly fitted helmet can help protect the cyclist's head in some falls.



Suitable clothing

Clothes and shoelaces should not hang near the wheels or chain.



Brakes

Working brakes help the cyclist slow down and stop safely.



Lights and reflectors

Front and rear lights must be used when cycling at night.



Gears

Gears help cyclists manage flat roads, downhill sections and steep climbs.



Bright or reflective items

These help other people on the road see cyclists more easily.



Tyres

Firm, undamaged tyres help the bicycle grip the road.

What else might a racing cyclist need?



Look at the resource below, which shares some of the locations and landscapes along the Tour of Britain route.

Lincolnshire - Stages 1 and 2



Lincolnshire Wolds

Places: Lincoln, Boston, Skegness

Landscapes: Rolling hills, farmland, countryside and coast

Lincoln Cathedral



East Riding of Yorkshire - Stage 3



East Yorkshire Coast

Places: Hull, Beverley

Landscapes: Coast, farmland, villages and rolling countryside

Hull Marina



North Yorkshire - Stage 4



North York Moors

Places: Ripon, Helmsley, Leyburn

Landscapes: Moorland, valleys, waterfalls and steep hills

Aysgarth Falls



Scottish Borders - Stage 5



Scottish Borders countryside

Places: Earlston

Landscapes: Open countryside, hills, farmland and a reservoir

Whiteadder Reservoir





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**What keeps us going when
things get tough?**

Reflection



Perseverance can look different for everyone. It might mean carrying on, asking for help, taking a break, or finding a new way forward when something feels difficult.



Media Literacy

I can check facts using more than one reliable source.



Explanation: Let's think about why it's important to check facts, where we can check information, and how we can decide whether a source can be trusted.



Analyse



Evaluate



Research



Act

Questions to Discuss

- Why is it important to check facts?
- What might make you question something you have heard or read? Why?
- What are some different ways we could fact-check information?
- How can we decide which information is reliable when fact-checking?

Activity

An online report has made four claims about the Tour of Britain Men. Work in groups using the British Cycling news story to decide whether each claim is true or false:

- The start line is in Lincoln
- The race takes place from 2nd–6th September
- 18 teams are taking part
- The race finishes in Edinburgh

Think about: Which claim is incorrect? What evidence helped you decide?



I Really Do Matter!



Which British value do you think this week's story highlights?



The cyclists show **Individual Liberty** by choosing to take on a challenge and persevering to achieve their goals when things get tough.

Supporting and encouraging others is an example of **Mutual Respect and Tolerance**. We can respect people and their efforts, even when things are difficult.



Do you agree with either person, or think something different?



UN Rights of the Child



All children have the right to play and enjoy leisure activities, such as cycling and watching sporting events.



Useful Vocabulary



Boost

Extra help, energy or confidence.

Support from teammates and spectators can give riders a **boost**.

Endurance

The ability to keep going for a long time, even when **something is tiring or difficult**.

What do you imagine some of the challenges might be for an **endurance** event like this?

Pace

The speed at which someone or something moves.

Pace: Cyclists decide when to save energy and when to work harder.

Perseverance

Continuing to try, even when **something is difficult or takes a long time**.

Perseverance can look different for everyone.

Puncture

A small hole in a tyre that **allows the air to escape**.

Tyre **punctures** and bike problems.

Tackle

To face and deal with **something difficult or challenging**.

In the men's event, the cyclists cover nearly 900 kilometres, **tackling** steep hills and challenging conditions along the way.

Can you use them in a conversation this week?

A Mountain of Achievement

A nine-year-old boy has completed a huge mountain challenge in less than 24 hours! Albie-Junior Thomas climbed the tallest mountains in Wales, England and Scotland with his dad, finishing the Three Peaks Challenge in 22 hours and 30



Pictured: Albie-Junior Thomas with his dad, Daniel Thomas. **Source:** Daniel Thomas PT RunningCoach on Facebook.

minutes. Albie-Junior was born without the bone called a fibula in his left leg and had his foot removed when he was 15 months old. At four, he became the youngest amputee to climb the highest mountain in Wales, Yr Wyddfa, which is also called Snowdon. Albie-Junior trained for four months for the challenge. He said ham and cheese sandwiches, sour sweets and lots of drinks helped give him energy. His dad, Daniel, called Albie his 'superhero' on radio and praised his determination and mental strength. The pair also raised more than £3,000 for Albie's local football club.

What would you like to challenge yourself to do? Why?

A Rare Bird's Big Family!

The UK's rarest bird of prey has successfully raised six chicks in a secret nest on English farmland. Montagu's harriers are very rare in the UK and are at risk of disappearing. This year, one male bird, known as 'AU', helped raise six chicks in two nests. Four chicks were



Pictured: Montagu's harrier chicks. **Source:** CABS on Facebook.

also raised at the same place last year. The birds are being carefully watched by the Royal Society for the Protection of Birds (RSPB) and the farmers who look after the land. Fences have been put around the nests to help protect the chicks from animals such as foxes. The male bird has been working hard to feed the hungry chicks. He drops food in the air, and the female catches it with her feet! Two of the chicks have been given special tags that can help people track where they travel. **Did you know Montagu's harriers fly to Africa for winter and return to Europe in summer?**

How can what we watch be made accessible to everyone?



I think having different sign language options and subtitles in different languages should be available for all TV shows, films and videos. **Cassie**

Let us know what you think about this week's news



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'So-re, So-re!'

Thousands of people have gathered together in Hirosaki park in Japan to manually move a castle! Determined shouts of 'So-re, So-re!' could be heard as the volunteers used an ancient method to move the treasured building without having to dismantle it. 1,800 people moved the main tower of Hirosaki Castle by two metres using traditional equipment. Teams consisting of 80 people took it in turns to pull the on 30m ropes to move the keep, which was set on rails. The castle was originally built in 1611,



Pictured: Edo Forsythe preparing to pull the castle. **Source:** Edo Forsythe on Facebook.



Pictured: A team of people preparing to pull the castle. **Source:** Edo Forsythe on Facebook.

then rebuilt in 1810 after being destroyed by lightning. The castle's wall has now been repaired following damage caused in the 1983 Sea of Japan earthquake, with 2,185 stones restacked. It is now time for the castle to return to its original position. Edo Forsythe, from Hirosaki, Aomori, Japan, posted on social media, 'I got to participate in pulling #hirosakicastle back to its stone wall foundation today! Our group moved it a whopping 5cm!! The castle is 400 tons, so not a bad pull!!! 🤪🤪 So lucky to get to join such a historic event!!' **Would you like to participate in something like this? Should communities come together to protect things important to them?**

Flying High!

Australian educator and kite enthusiast, Angus Johnstone, has flown a kite continuously for over 26 hours! The world record for the longest kite flight by an individual was set by Angus in Killarney, Victoria, Australia at 26 hours 15 minutes and 15 seconds. Angus was supported by a group of friends, and raised thousands of Australian dollars



Pictured: Angus Johnstone with his kite during the record-breaking flight. **Source:** Fly with Myanmar - World's Longest Individual Kite Flight on Facebook.



Pictured: Angus Johnstone's kite during the record-breaking flight. **Source:** Fly with Myanmar - World's Longest Individual Kite Flight on Facebook.

for his chosen charity, to provide health and education resources in Myanmar. He said, 'I feel amazing, I am overwhelmed. Having so many people here is just wonderful.' He added that he was 'beyond tired', yet 'the excitement has carried me through. I am blown away by people's generosity, and I am so thankful we can send that money to Myanmar.'

Have you ever flown a kite?

How long do you think you could fly a kite for?

How can what we watch be made accessible to everyone?



I think this is really good but at the same time instead of just children they should do it with adults as well.

Quin

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