

ENJOY READING
THESE
SHORT ACTIVE
STORIES.
HAVE FUN!

Active Stories

Poseidon's Pearl



By Owen Denovan
Primary Steps in PE

1.

Look at this map. Isn't it cool!
It guides us to gold, treasure and
jewels!

There's a special place in a secret
world,
Where the King of Atlantis has
hidden his pearl.



2.

Dive off the pier, into the sea.

(elaborate diving action)

You'll have to swim fast to keep up
with me.

(swim fast underwater)

Turn left past that coral, turn right at
the ship.

Balance on the seaweed. Be careful,
don't slip.

(balance and walk)

3.

The map is leading us into this cave.

It's dark and mysterious. Follow me and be
brave!

(swim slowly and nervously)

Oh no! It's a Sea Witch! There's no time to
wait.

Let's get out of here before it's too late!

4. "Who are these people, wandering into my lair,

(witch voice)

Actually you know what, I don't even care!

*I'm going to turn you all into sea creatures
With scales and gills and lots of weird features."*

5. "You'll never know when I just might attack,

So scurry away but do watch your back!"

Swim hard and swim fast and don't make a fuss,
She's turning you into a pink octopus!!



6.

Our only hope is to continue our quest
It's so hard to move but we must try
our best.

(wobble arms and legs like tentacles)

With so many legs floating around,
I bet it's easier down there on the
ground!

**(shuffle on the floor wobbling arms
about)**



7.

All these legs are a pain but at least
they're good grippers.

But wait, look now! They've turned into
flippers!

This quest for the pearl is not going well.
Look at your back! You've grown a hard
shell!

8.

Along the floor, push through the sand.

**(breaststroke movements on the floor, pulling
forward)**

It's hard and slow going! I wish I had hands!

If we get to the pearl we'll defeat the Sea Hag,
We'll have to be fast though. It's no time to lag!

(frantic breaststroke)

9.

I can see Atlantis, what a magical place.
But what has happened to my turtle-like face?!

My eyes are now small and standing on stalks
And I'm moving sideways, look how I walk!

(sideways squat walking with claws and pincers)



10.

Shuffle along. The pearl must be close!

When I find it that Witch will be toast!

Look next to that pillar and under that chest.

Keep looking, keep moving.
There's no time to rest!

(sideways squat picking up objects looking)

11.

What is that glowing? Can you see it there?
It must be the pearl but be careful, beware.

It's guarded by sharks and jellyfish stingers,
But look we've got claws instead of our fingers!

12.

Pinch them and nip them and make them all flee
(nip and pinch sharks and jellyfish moving sideways in a squat.)

The Pearl is so close. Look there it is. See!

We must work together, to open the shell
Just pinch it open! You're doing so well!

(struggle to prize open the clam and jump back)

13.

The Pearl's beautiful, look at it shiner.
We've done really well. I'm so glad it's mine!

The Pearl is magic, it'll grant us 5 wishes,
Let's use to make us no longer like fishes! (check all your body parts)



14.

My plan for the Sea Witch is perfect- it's great!
I think she deserves a terrible fate.

I'll wish for a blow hole and a large flappy tail!
I'm turning that witch into a giant blue whale!!!

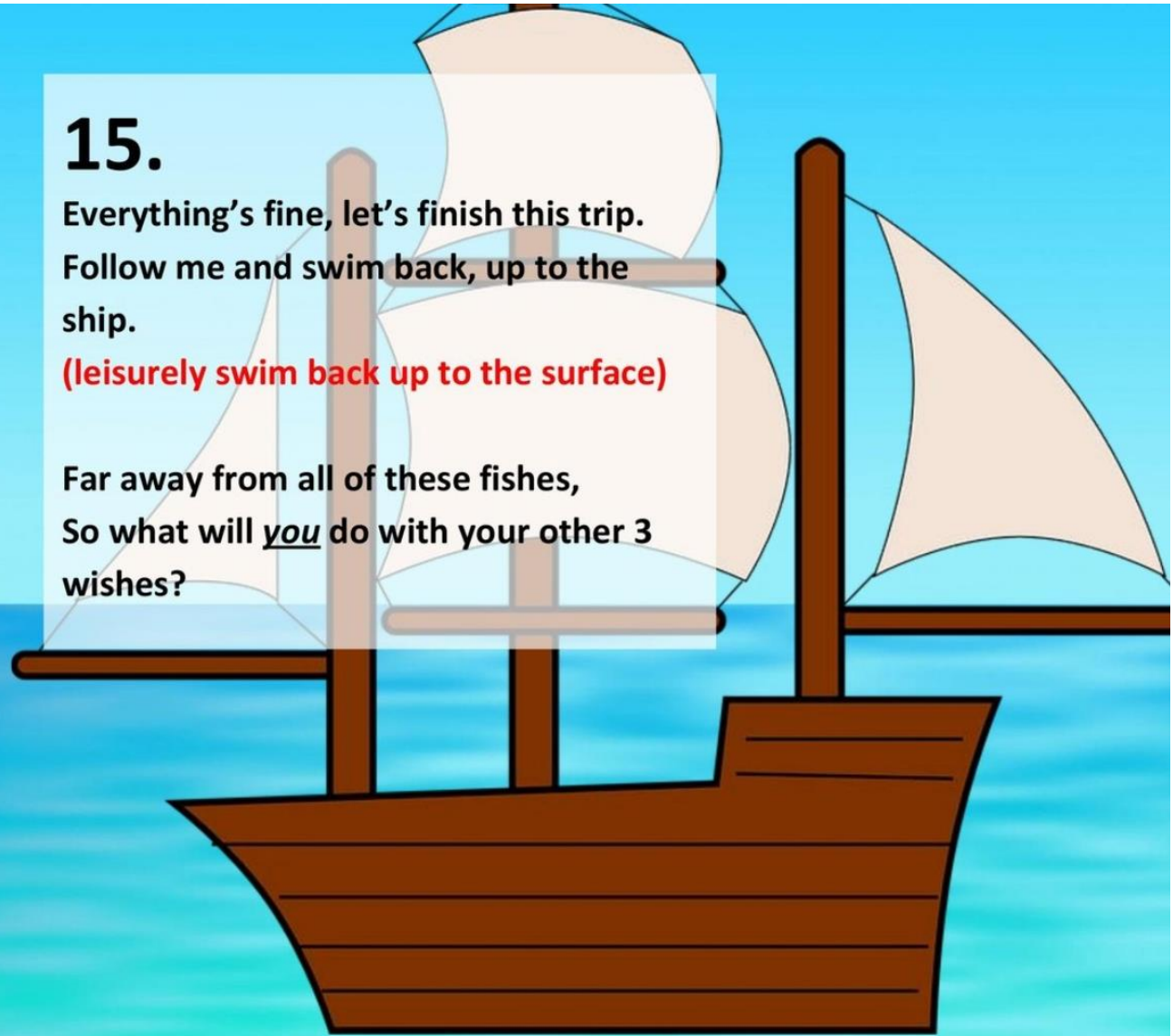


15.

Everything's fine, let's finish this trip.
Follow me and swim back, up to the
ship.

(leisurely swim back up to the surface)

Far away from all of these fishes,
So what will you do with your other 3
wishes?



Active Stories

The Top of the World



By Owen Denovan
Primary Steps in PE

1.

My name is Ed, I'm an intrepid explorer
I could tell you some tales but I don't
want to bore ya.

My next adventure will be my best.
I'm going to climb Mount Everest!

2.

It's such a big mountain, I can't do it alone.
If you come with me you'll become so well-
known!

There's no other person who's climbed it
before,
So why are you waiting? Get up off that floor.

3.

We must get packing, there's no time
to lose. **(frantically pack a bag)**
So go get your ice picks and your
massive snow shoes.

Put on your warm clothes, including
your hat. **(mime putting on outfit- talk
about why you need each item)**
Don't bring your teddy, there's no
room for that!!

4.

Let's get going, let's trudge through this snow.
(slow big steps)
It's too deep to go fast, so we must go slow.

Lift your knees up high, right up to your ears,
(slow high knees- controlled movement)
But keep moving forward or this could take
years!

5.

Oh look what we've found it's the Great Imja Glacier,
Put on your skates it's time that I raced ya!

3,2,1 Go! **(skate quickly)**

Well that was great fun but we can't go again
We're halfway up, nearly there my good friends!



6.

The sun's getting low, and I need a good rest.
I love our adventure on Mount Everest!

We've come a long way, there's no going back.
I don't want to scare you but have you seen
these huge tracks?

-

7.

Whatever made them must be at least 10 feet tall.
I've seen lots of creatures but I've not seen them
all!

I've heard of a rumour, and the thought makes me
sweaty.

A terrible beast which the locals call Yeti.

8.

They tell me it's massive and
angry and hairy.
It's horrifying, wicked and really
quite scary.

It's as strong as an ox and as
quick lightning.

But don't worry too much
(though the thought is quite
frightening.) **(mime sleeping in a
plank position)**



9.

Good morning! Lets go! We've got a really
steep climb,
So get out your ladders and we'll be up in no
time. **(climb ladders from a tucked position to
stretch- 20 steps)**

Be careful. Don't slip. It's a long way to fall!
If you need any help, just give me a call!

10.

I can see the summit. What a magnificent sight!
And this last little bit will require all our might.

Get out your ice picks and climb this ice wall .
**(mime hammering ice picks into ice and pulling
yourself up)**

Keep going, keep going. Give it your all!



11. “ROAR!!”

Stop climbing! Go down! As fast as can be!
It's that horrible monster The Terrible Yeti!

I can see it's sharp fangs and its bear- like
claws.

5 times the size of mine and yours!

12.

Quick down the Ice Wall, **(hammer and go down)**
Down the ladder we go!

(start at stretch and end up in tuck)

This escape would be easier without all this snow.
Run past the tents, as quick as you can!

The Yeti is coming, do you not understand??! **(run
quickly- in snow shoes)**

13.

Skate over the ice, take a quick look back.

(skate quickly)

As we were skating did you hear the ice
crack?

That big, heavy beast can't cross the ice now
Or it will fall in the water and definitely
drown!

14.

Phew we survived. One last long trudge through the snow. **(slow high
knees)**

We didn't make it this time. It was so close though!

I will not stop. Everest will not defeat me.

I'm trying again in 1953!



The Olympic Lesson

Active Stories



By Owen Denovan
Primary Steps in PE

1.

Good day everyone, my name is Steve Peaty

The best athlete around, no one can't beat me.

I can swim , I can run. I can jump and throw.

To win every event I just 'give it a go'



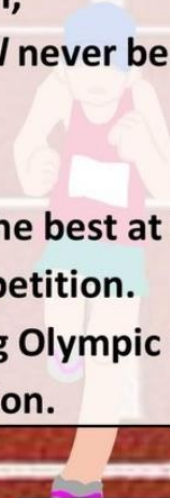
2.

There's no one around who is better than I,

You'll never beat me. So don't even try!

I'm the best at it all, there is no competition.

Being Olympic Champion is my next mission.



3.

The first event is The One Hundred Metres.

You don't stand a chance, you'll never defeat us.

You look really nervous. "*Take your marks , get set, go!*"

Can you keep up with me or are you too slow?!

(Sprint on the spot for 10

4.

Haha! I beat you! You didn't stand a chance. Just watch me while I do my victory dance!

The next event is the 1 Kilometre Row,
But with those puny arms it's best you don't show!

5.

Sit in your boat, and wait for the green light
Then pull your hardest, try to get out of sight.

(Seated rows for 30 seconds)

Only ten metres left and our boats are drawing.

If you don't win this then this could get quite boring!**(sprint finish)**



6.

What?!?! You won! This I cannot believe!

How can someone like you beat the mighty Steve?!

It doesn't matter. 3 events to go. I'll not lose any more. Let's see how you throw.

7.

Pick up the javelin, run up and throw high
(run up and throw 3 times)

Look at it soaring , fast through the sky!

Now pick up the hammer, it weighs such a lot!

Spin around and then throw it. Let's see what you've got.

(spin once and throw three times)

8.

Another victory for me! I'm winning two-one.

It's getting quite easy, soon you'll be gone!

The next event is freestyle swimming. It's my favourite event. You've no chance of winning!

9.

Stand at the edge and dive in at the beep. Swim as fast as you can. The water is deep!
(dive in and swim fast front crawl)

Swim hard and swim fast. Reach out, touch the side. **(swim and stretch out)**

I think that I beat you, but it's nice that you tried!

10.

ARE YOU KIDDING ME?! There must be a mistake, There's no way they beat me! I demand a re-race!

It's two events each and next is gymnastics. To beat me here you'll have to do something drastic.



11.

Our final event is to perform our routine on the floor.

Be as precise as you can. You'll need a good score.

I'll go first . I'm more important than you. You should sit there. Take notes while you do.

(teacher performs a basic sequence)



12.

It's time for your sequence, step onto the mat. You'll need a perfect score to compete with that!

Balance and leap. Spin, balance once more. Finish with a flourish and wait for your score.

(children plan and perform a sequence using these moves)

13.

The judges are back. They've given me a 9.

I'm confident now that victory will be mine!

But wait! No way! Go now and check it again.

I've just seen your score. And you got a 10!!!

14.

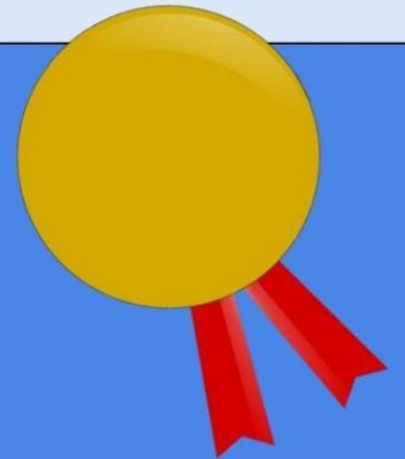
I don't believe it. You've won fair and square! Three events to two but I don't care!

You've taught be valuable lesson today, Showing off and being mean is no way to play!

15.

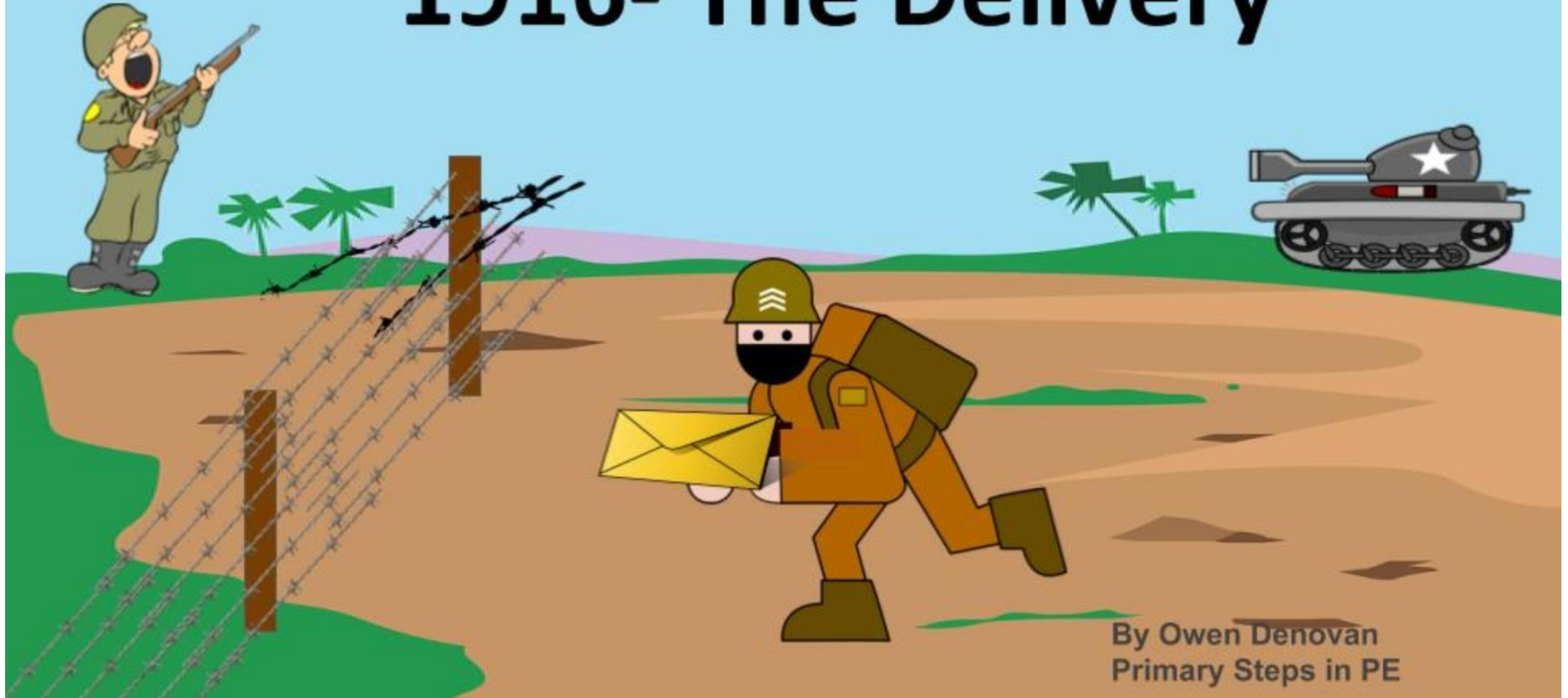
I'll see you again at the next Olympics games I'll have to train harder so the result isn't the same.

Well done on your win and thanks for showing me. Sportsmanship Is more important than victory.



Active Stories

1916- The Delivery



By Owen Denovan
Primary Steps in PE

1.

Hi Everybody I'm private Jones
I need to deliver a message but I
can't do it alone

We need to be brave be fast and
be strong
To deliver this letter, we haven't
got long.

2.

We must go through the trenches,
along enemy lines.
But first, over the top. We've not got
much time.

The general is walking into a trap,
Now go pack your bag. Remember the
map. (pack bag and check map)

3.

Climb up the ladder, peak over the top.
(climb ladder from tuck to stretch neck up)
It's eerily quiet. Has all the fighting
stopped?

Keep low on your belly, get under this
wire, (army crawl)
It's strange not to hear the sound of
gunfire.

4.

We've made it across what they call
'No Man's Land'
Now head down into the trenches.
Give me a hand.

These maze-like paths really twist
and wind.
Run quickly through. A way out, we
must find! (run quickly turning left
and right)

5.

Look at that tunnel so long and so dark.
This mission is not a gentle stroll in the park.

We must go on through it and please stay
alert.
There could be a soldier hiding in all this
dirt! (start tall then squat walk, then hands
and knees)

6.

Get lower, get lower, this tunnel is shrinking.
Why did they build it? What on earth were
they thinking?

Shhhh what's that sound? Go quick we're in
trouble!!!
This tunnel's collapsing, I can hear falling
rubble! (crawl quickly)



7.

Phew. We just made it, out into fresh air.

But the tunnel's now gone. There was no time to spare!

We best check the map. Is this the right way? **(check map and walk on)**

Now quick get a move on, we've no time to delay!

10.

Swim hard and fast and make it to shore.

(swim fast)

I'm not sure I can handle very much more.

Let's get to those house and have a quick rest

Delivering letters shouldn't be such a test!



8.

This raging river is extremely fast flowing.

Is that rope bridge safe? There's only one way of knowing.

Go slow and be careful. Move like you're sneaking.

(sneak over bridge wobbling left and right)

I don't like the sound of this rickety bridge creaking!

11.

Bang, bang! Pop, pop! Bang,bang. Pop, pop. That's the sound of a sneaky sniper's shot.

We have to keep going but dodge left and dodge right. **(jump left and jump right multiple times)**

If we go in a straight line, well get caught in his sights.

SNAP!!

9.

The bridge is broken. Take a deep breath. 'Cause we're heading down to the river's icy depths.

Tuck up nice and small and now start to swim. **(tuck up small then splash into water)**

We must get to the General. We have to warn him!



12.

Take cover behind this broken old tank.

(dive behind a tank and take cover)

Who left it here? Who do I thank?!

The general and his army are just down this road.

We'll have to escape when the sniper reloads.

13.

Go go go! As fast as can be. **(run)**

Back down the ladder to join the army **(from stretch to tuck)**

Back in the trenches with our special letter.

Ooooh **(hold nose)** I wish the smell was much better.

14.

"General, General! Stop your attack"

You're walking straight into an enemy trap.

We've just come from the Somme, please read this note.

You mustn't attack. No General, don't!

15.

"Thank you, young soldiers. Call off the attack. Stop loading those mortars. Get those soldiers back!!"

"This news you have brought me has saved day! Now go and rest. You've come a long way."

16.

Now let's get some sleep. He said we're allowed. Great job today, you've done yourselves proud.

We've got a big day ahead. We're heading back home. And I don't think I can make it alone. **(lay down to sleep)**



Captain Active

VS DR OBESENİK

Active Stories



1.

Hello good citizens can you all hear me?

I'm Captain Active, and all my enemies fear me!

I have special powers. Great strength and great speed.

But I can't do it alone. It's your help I need!

2.

For Dr Obesenik has just escaped jail, And we need to catch him! We cannot fail!

His plan is to close all the fields and the parks, And to turn off the sun to keep the world dark!

3.

I need to be sure that you're strong, brave and fast.

So let's put you through training. Let's see if you last! **(give superhero powers)**

Can you squat with a car? Lift it up high. **(10 slow squats)**

Ok. Great. That's good. Now let's see how you fly!

4.

Lift up your arms and away, off you go. First try fly fast, and now try fly slow.

(run and then 'slow-mo' flying)

Check your invisibility cloak and check your freeze spray

These weapons will make sure no-one gets in our way!

5.

Before we set off can you hear all those cries? Let's go check it out before someone dies!

This building's on fire and there are people inside. Should we try to help them? Your choice, decide!

(fly up and carry people to safety x 5)



6.

Great job with those people. Even the ones at the top!
But that evil Dr Obesenik still needs to be stopped.

Oh no! What's this? The road is all blocked.
The trees have all fallen and it's covered in rocks.

7.

Have we got the time? We could clear all this mess!
And if we stop now we'll have even less!

('deadlift' off the road x 10)

Good choice, we did it, the right thing to do
Dr Obesenik stands no chance against Mighty You!

8.

I've just heard a rumour about Dr Obesenik's lair, It's high in the mountains. Look up. Right up there.

It's very secure with dozens of guards.
But with our super powers, we won't find it hard!

9.

We're getting close now but it's no time to rush. Look at those guards there behind that thick bush.
Make yourself invisible. Put on your cloak, quick.
We'll creep round the side, don't make a sound on those sticks! **(creep, one foot in front of the**

10.

Well done. Great creeping! They didn't hear a sound. Now let's fly up this mountain. Push up hard off the ground.

(squat and fly to the top of the mountain then land)

Look here's the entrance. It's behind the this big boulder. Will you give me a hand. Come on, use your shoulder!

(squat and push like a rugby scrum)



11.

Dr Obesenik stop there! We've time to surrender don't run!

And lower that sword and your Laziness Gun! BLAST!!!

(Dodge the shots)

Stop Shooting at us or we'll have to shoot back.

Get out your Freeze Guns. Let's prepare for attack! **(dodge and fire weapons- mini battle).**



12.

Great shot you've got him! Just look at him freeze!

The police and the public will surely be pleased!

Now let's fly him away and stick him in jail.

His horrendous plan was always going to fail! **(fly back down the mountain)**



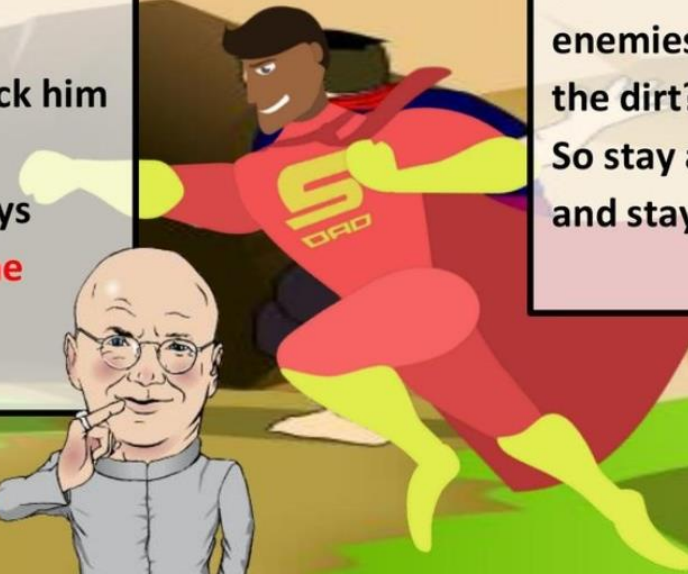
13.

We've seen the last of this crazy Doctor.

The world is now safe. Now that we've got ya!

But who knows what enemies might appear out the dirt?!

So stay active , stay safe and stay really alert.



Active Stories
The Great Fire



By Owen Denovan


Primary Steps in PE

Writing opportunities

- Instructions baking
- Fire poetry
- Instructions-
building a house

Links to other subject areas

- Baking (*D+T*)
- Making frames (*D+T*)
- Net of cuboid (*D+T, maths*)
- Measurements and capacity (*maths*)

Active games

Races

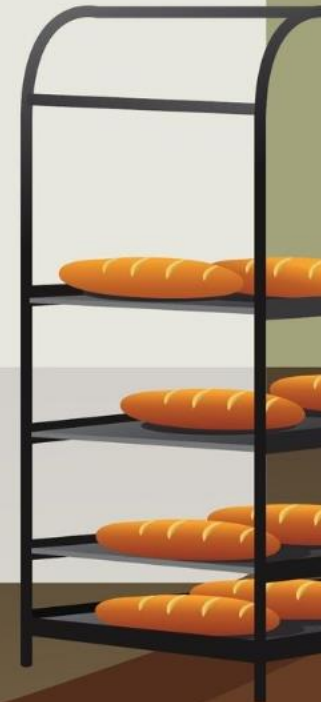
Children in line up in teams of 4 behind a cone. Teacher says a simple word and children run out to find the synonym. To make the game simpler teacher can colour coordinate the synonyms.

What can you remember?

Print off some 'busy' pictures or put one on the whiteboard. Ask children to look at the picture for only one minute. They then have to run around/walk and talk, rehearse and then write a descriptive sentence about what they remember in the picture. To extend the activity see how each of the sentences can be improved in terms of descriptive language which improves the accuracy of the 'memory'

How this works

- **Black text = story**
(*read outloud*)
- **Blue text = action**



1.

My name's Tom Farriner, the baker round here,
and I'm always busy this time of year.

I need a hand to make bread and cakes,
without you, I don't know how it will take!

2.

Mix the recipe **WHISK ACTION IN A BOWL**
then kneed the dough,
First do it fast, then do it slow.

KNEADING MOVEMENT- FAST AND SLOW

Now stretch it out you're doing great,
STRETCH ARMS OUT
but we best hurry up, it needs to be ready for 8!

3.

Well done, well done now into the fire,
let's get it done quick 'cause I'm getting tired.

Turn the flames up, it needs to be hot,
I'm too tired to care if it's safe or not.

BIG YAWN AND STRETCH

4.

Hello I'm Sam, Samuel Peyps,
I'm getting quite tired so I'm off to sleep.

I hope nothing happens when we're all in bed,
like any disasters involving bread...

5.

SIT UP SUDDENLY

What is that smell wafting through the air?
let's go check it out. Quick! Down the stairs!

RUN DOWN PRETEND STAIRS

The smoke is so thick, I can barely see,
the flames are coming from the bakery.

6.

It's hard to breathe, stay low to the ground,
CROUCH LOW
can you hear all the shouting. My gosh what
a sound!

We'll need to go help, down at Pudding Lane,
stay low through the smoke and let's head to
the flames.

CROUCH RUN

7.

Wow! Look at that fire, it's reaching so high!
We need to be brave, or at least we must try.

Grab that bucket and fill it right to the top,
throw it onto the fire. Why won't it stop?!

THROW WATER ON THE FIRE

8.

That's it. It's working. Keep going! Keep going!
Go faster! Go faster! Come on, keep on throwing.

THROW FASTER

Oh no! Look now, it's starting to spread,
I've just heard it started with a loaf of burnt bread!



9.

I can hear voices calling and starting to cry,
some children are trapped on the roof way
up high.

We need a ladder or something to climb,
we best hurry up. We don't have much time!

CLIMB THE LADDER

10.

"Help up, help us! We're stuck by the door,
and the flames are covering most of the floor!"

"Don't worry children, there's no need to fear,
get onto our shoulders and lets get out
of here!"

HEAVE CHILDREN ONTO SHOULDERS AND
DOWN THE LADDER

11.

The children are safe but the city is glowing,
and the river is full of lots of boats rowing.

Quick row! Cross the Thames and onto
the bank.

ROWING MOTION

The city has burned and we've got the baker
to thank!

12.

The city's a mess and people have been killed,
but we have to keep going, move on and rebuild.

So grab saw and axe, hammer and nail,
we'll rebuild this city, we will not fail.

13.

First saw the wood, the length must be
the same,

SAW QUICKLY

then nail it together to make the frame.

HAMMER QUICKLY

Let's dig the foundations so it doesn't fall,

DIG QUICKLY

and hoist up the frame to help make it tall.

PULL A PULLEY

14.

Well done, that's great. We've rebuilt the city,
the damage was awful a terrible pity.

We're lucky more people weren't hurt by
the fire,
all because the baker felt a little bit tired!



Active Stories

Gladiator Games



By Owen Denovan

Primary Steps in PE

1.

My name is Gallas, Gallas the Greater.

By far and away the best Gladiator.

My fame reaches far, my name is well known.

And I must train you hard so you can make it back home.



2.

We have to train now, even though it's so hot,

Run fast up that hill, Let's see what you've got!

START SQUAT RUNNING, GRADUALLY GETTING TALLER

Jump over those logs - 10 in a row
TUCK JUMPS

You better speed up you're going too slow!
RUN ON THE SPOT OR AROUND A SPACE

3.

Your pace is quite good but are you strong?

My Granny would beat you, it wouldn't last long.

Hold out your arms for as long as you're able,
ARMS OUTSTRETCHED TO THE SIDES DOING SMALL CIRCLES FOR AS LONG AS POSSIBLE

Don't think of quitting - stay strong and stay stable!

4.

Now swim through this river
LYING ON FRONT, FRONT CRAWL QUICKLY and sprint through that field **SPRINT**

It's time to practice, pick up sword and shield.
SWIPE, STRIKE AND BLOCK. JUMP DODGE AND DUCK,

You're ready for The Games - I wish you good luck!



5.

Get on your horse, let's get to Rome

Your only chance of making it home.

You'll be expected to race, to fight and to win.

Don't worry you're ready... Our journey begins.
STRADDLE A HORSE AND 'RIDE', GOING FAST AT A GALLOP

6.

The Colosseum is full, can you hear the crowd roar?

I'm nervous to see what's behind this locked door.

Enter the arena, have a good look around,

What a wonderful sight, what an incredible sound!

7.

Salute the Emperor, get ready to fight. **SALUTE**

Remember your training and you'll be alright.

Your opponent looks strong but you are much quicker.

Don't show any nerves, not even a flicker.



8.

Jump over their net, duck away from their spear,

Dodge left and right, don't show any fear.
REPEAT DUCK, DODGE AND JUMP MOVEMENTS MULTIPLE TIMES

Now use your sword, take a big swing.

1 crucial strike and you're going to win.
BIG SWORD SWING

9.

Your opponent is beaten lying flat on the ground.

The noise is deafening, what an incredible sound.

Look to the Emperor, you're both going to live.

There is nothing left for you both to give!
CELEBRATE MADLY IN FRONT OF A ROARING CROWD

10.

Well done on the fight, you've shown you have honour.

Thank goodness for that or you'd be a 'gonner'.

The next event is the chariot race.

And in here there is no thing as second place.

11.

There's no time to practice, to see how you drive.

You'll need to be quick if you want to survive.

Keep your eyes on the finish but watch your back.

Your enemy will find lots of ways to attack.

12.

Get onto your chariot, grab hold of the reins.
INTO A 90 DEGREE SQUAT HOLD, HOLD THE REINS

Show the horse who's boss and get into your lane.

Off you go straight on ahead
SQUAT POSITION JUDDERING UP AND DOWN, LEFT AND RIGHT

Watch out for the others or you might end up dead!

13.

Duck!! Flying spears, and keep hold of your horse.
DUCK AND DODGE SPEARS IN SQUAT POSITION

Turn left and turn right. Get round this course!
JUMP 90 DEGREES LEFT THEN 180 RIGHT

You're on the home straight, it's win or bust.
SQUAT POSITION, SMALL JUMPS AS FAST AS YOU CAN

Go your fastest. Make them eat your dust!

14.

You won the fight and the race and now you are free!

Now off you go, don't think about me.

I've got a brand new champion to try and find.

You best run along Emperor might change his mind!



Active Stories

The Voyage of The Flying Chance



By Owen Denovan

Writing opportunities

- Story writing
- Instructions
- Character description
- Information texts

Links to other subject areas

- Floating and sinking (science)
- Materials (D+T, science)
- Counting (maths)
- Comparing environments (geography)
- Orienteering/ directional language (maths/geography)

Active games

Verb game

Say any verb and children perform that verb. Extend by using an adverb. Extend again by using a simile to describe the movement.

Adjective tag

When children get tagged they move to the side of the space and perform a movement. Can only rejoin the game again when another player says a noun to them and they respond with an appropriate adjective for that noun.

Corners

How this works

- Black text = story (read outloud)
- Blue text = action



1.

Ahoy me hearties listen here...
do ye fancy some treasure...no need to fear.

I've heard of a place, not very far,
with bright shiny gold and diamonds like stars.

2.

I have just one problem, I need a crew,
stand up and shout 'Argh' if it should be you!

STAND QUICKLY AND SALUTE

OK here's my ship The Flying Chance,
with loo rolls for canons & a sail made of pants!

3.

Alright ye sea dogs there's no time to lose,
following is that pesky Cap'n Snotshoes.
So stop lolly gagging and hoist up that sail...
Cap'n Snotshoes and his lot are hot on our tail!
**PULL AN IMAGINARY ROPE DOWN THE
CENTRE OF YOUR BODY AND STOMP
FEET AT THE SAME TIME**

4.

Argh! That's better we've gathered
some speed...

Avast, what's this?! The Wicked
Westerly Breeze!

Be careful me hearties don't get
blown overboard...

If we get through this storm we'll soon have
our reward!

**SWAY IN THE WIND MOVING WEIGHT
FROM ONE FOOT TO THE OTHER**

5.

Are ye still with me ye scurvy sea brutes,
stand up and shout 'Argh' and then make
a salute.

**STAND TO ATTENTION AND SHOUT
'ARGH!'**

We're getting close, look, land over there!
RAISE HAND TO BROW
But I don't like that sign that says
'Pirates Beware...'

6.

We'll done ye sea dogs we've made it to shore,
so close to the treasure and so much more...

Hurry though shipmates, the fortunes nearly
in reach...

But first down this rigging and on to the beach!

**CLIMBING MOVEMENT WITH HANDS
AND FEET THEN A JUMP TO LAND ON
THE BEACH**

7.

I know our heading so best form a line,
we don't want to leave any pirates behind.

Coz who knows what dangers lie up ahead...
I have a strange feeling... a feeling of dread!

**MARCH AROUND IN SINGLE FILE, PUMPING
ARMS AND LIFTING KNEES HIGH**

8.

SHHHHH!!! STOP!!

Be quiet and no I'm not asking,
I've just seen a beasty over there basking.

With teeth sharp as swords and canons for eyes,
we'll have to creep round, past where he lies...

TIP TOE AROUND THE BEAST, CREEPING



9.

ARGH blithering barnacles I thought we were near,
this Jungle of Doom shouldn't be here.

We can't go round it. What shall we do?

SCRATCH HEAD

There's no other way, we'll have to go through.

The treasure's so close and I'm not stopping,
get out yer swords and let's get chopping!

MOVE ARMS HORIZONTALLY IN FRONT OF BODY MAKING A SWISHING NOISE

10.

Quick look through this tunnel, I'm sure you can see,
an X for the treasure and all for me!(and you)

We're almost here now, don't be afraid,
stay low, follow me, we'll soon all get paid!

SQUAT WALK THROUGH THE TUNNEL

11.

We've got to the treasure, but what is that smell?
Is one of you pirates feeling unwell?

AHH it does pong! The smell's getting worse,
but at least Cap'n Snotshoes wasn't here first.

12.

Get digging you dogs, let's get the gold quick,
this horrid aroma is making me sick.

DIGGING MOTION

The treasure is starting to really reek now,
I hope it is worth getting sweat on my brow.

WIPE SWEAT FROM BROW

13.

STOP!!!

Everyone run, and I don't mean a jog,
just look at this monster coming out of the fog.

It's guarding the treasure with it's horrible breath,
let's get out of here while there's some of us left.

14.

Quick back through the tunnel, keeping down low,
SQUAT RUN and chop through this grass, how far? I don't know!!
SWIPE ARMS
Creep back past the beast, try not to trip,
TIP TOE CREEPING
and get up that rigging back on the ship.
CLIMBING MOVEMENT

15.

Phew! We're back safely aboard the Flying Chance,
with loo rolls for canons and a sail made of pants.

Alas no treasure for us today,
but look what's heading Snotshoes' way!!!



Active Stories

The Gunpowder Plot



By Owen Denovan

Primary Steps in PE

Writing opportunities

- **Report writing**
(newspaper)
- **Persuasive writing**
(recruiting allies)

Links to other subject areas

- **Gunpowder Plot**
(History)
- **Compare and contrast localities**
(London)
- **Family trees**
(Royal family)
- **Houses of Parliament**
(pencil drawing)
- **Filling barrels**
(measuring capacity)

Active games

Line up

Children stand on benches in groups of 6. Children order themselves without putting any feet on the floor at any point. Each child has a word. Children must discuss the words and order them in terms of strength or quality.

I've put a spell on you

Each child has a word and they can approach any classmate who they challenge to spell their word. If the challenged player is incorrect then the challenger puts a spell on them (any on the spot movement) Players can only be released from the spell if they spell another word correctly.

How this works

- **Black text = story**
(read outloud)
- **Blue text = action**

1.

Hello! I'm Guy. How do you do?
I'm looking for help to form a new crew.

This country's not right, it's a terrible thing

STOMP

What can we do about this horrible king?!

2.

I've got a plan, a major event.
I'm going to blow up parliament!

But I need some help to perform this act.
Let's join together and make a pact

HANDS IN THE MIDDLE, 3,2,1- JUMP AND SHOUT BOOM!

3.

We must dig a tunnel to get deep underground
DIG QUICKLY

But we mustn't get caught so don't make a sound

DIG SLOWER AND QUIETER

Keep digging, keep digging! Be quick and remember.

We must get this finished for the 5th of November

4.

Now fill up these barrels all the way to the top,
Be careful, this powder will do more than just pop.

CAREFULLY SHOVEL POWDER INTO BARREL BENDING KNEES AND RISING SLOWLY

My plan is to blow the King sky high,
With all of his friends there at his side!

5.

Next roll the barrels all the way to the end.
Oh why did we build a tunnel that bends?!

ROLL BARRELS TWISTING AND TURNING
Turn left, then turn right and turn left once more

WALK TURNING LEFT AND RIGHT

And place the barrels right there on the floor.
MIME LIFTING HEAVY OBJECT AND PLACE IT ON FLOOR

6.

At last we're all set, the job's nearly done,
But first we should do a practice run.

Creep past the guards **TIPTOE**, open the door
MIME HEAVING A DOOR

Crouch down everyone, stay close to the floor.

SQUAT RUN TWISTING AND TURNING

Quick down the tunnel and light the fuse.

Then hurry back, there's no time to lose.

SQUAT RUN THE OTHER DIRECTION, MAKING TURNS

7.

Right everyone, we're looking OK
I hope that nothing will stand in our way.

Now off to bed, get lots of rest.
Because tomorrow morning is our real test.

MIME SLEEPING



8.

Get out of bed! We've all slept too long.
MIME STRETCHING AND RUBBING EYES
We best hurry up or our chance will be gone!

Into your clothes, put on your shoes.
That's it, hurry. There's no time to lose

MIME PUTTING CLOTHES ON

9.

Do we all know the plan? Let's have a quick check.
Just tell me again, it might save our neck.

Nice work, we know it! We'll be fine.
The King's on his way and we've not got much time.

10.

Creep past the guards
TIPTOE open the door
MIME HEAVING A DOOR
Crouch down everyone,
stay close to the floor.

SQUAT RUN TWISTING AND TURNING

11.

Quick down the tunnel and light the fuse.
But what is that noise? There's no time to lose.

SQUAT RUN THE OTHER DIRECTION, MAKING TURNS

Oh no! We've been spotted! The guards are coming.
Forget the fuse, we need to get running.

12.

Back through the tunnel, turn left and turn right.
RUNNING THROUGH THE TUNNEL TURNING LEFT AND RIGHT
We'll try to lose them in the darkness of night.

They're hot on our tail we can't get away.
Quick try to hide, behind all this hay.

SILENTLY CROUCH AND HIDE

13.

"They went down here. They haven't gone far.
We'll catch these criminals and put them behind bars.

How dare they try to kill our King.
Who would do such a terrible thing?

14.

Look high and look low, keep looking, don't quit!
TEACHER TIP TOES AND MIMES LOOKING HIGH AND LOW

Why is this hay here? And what's behind it?
AH HA! I've found you, your plan has failed!
Guards arrest them let's take them to jail
MARCH SLOWLY IN A LINE

15.

Into the cells you go but you won't be long.
Because what you have tried is very wrong.

You won't rot in here, that's for sure
For you, something much worse lies in store.

Active Stories
A Knight's Quest



By Owen Denovan


Primary Steps in PE

Writing opportunities

- Story writing
- Character description
- Letter from the king & queen

Links to other curriculum areas

- Counting (*maths*)
- Making a bridge (*D+T*)
- Dragon scale collage (*art*)

Active games

- Spelling races
- Conjunction run around
- Line up

How this works

- **Black text** = story (*read outloud*)
- **Blue text** = action



1.

The Princess Beatees was taken last night,
and it's given the town a mighty big fright!

For nobody knows what could do such a thing,
everyone's clueless, even the king!

HANDS UP IN 'I DON'T KNOW' POSTURE

2.

He's sent out a message in a shiny gold letter,
there'll be a handsome reward for the knight
who can get her!

But I'm not a knight, I don't stand a hope,
against Sir Bogey and Sir Never Used Soap.

3.

Unless I can find a brave helper or two...
Stand up and shout 'YES!' if it could be you!

STAND AND SHOUT YES

OK. Now you know what it is I will need,
a gallant, brave horse to be my loyal steed.

4.

This one's too fast
RIDE AROUND QUICKLY

And this one's too slow
TRUDGE AROUND SLOWLY

What about this one - it won't even go!

SIT STILL ON HORSE

That one's too fancy
PARADE AROUND (SHOWING OFF)

And this one's making a fuss
BUCK AROUND ON HORSE

But look at these beauty, they're perfect for us!

5.

OK we're all set, so off we must go,
to find Princess Beatees but where she is I
don't know!

Let's follow the path and see where it leads,
It could get quite bumpy so hold on to your
steeds!

**RIDE SLOWLY BEING BUMPED AROUND
A LITTLE**

6.

Oh great!

We've only just started and look up ahead,
a wobbly bridge held together by thread!

Horses are too heavy & there's no way around,
so tie them up here and never look down!

**TIGHTROPE WALK WITH
ARMS OUTSTRETCHED**

7.

Thank goodness we made it but there's no time to wait,
we must get to the Princess before it's too late.

With Sir Never Used Soap and Sir Bogey in front,
we must keep on going. Lets get on with the hunt!

JOG ON THE SPOT

8.

We're making good ground, but it's getting quite tricky,
and is it just me or is this floor getting sticky?

I've got a bad feeling about all this fog,
oh no! I see... a gigantic bog!

Even though it's hard work we must wade through,
you may end up losing more than a shoe!

BIG STEPS, UNSTICKING FEET EACH TIME



9.

Just creep through this forest, it's getting quite dark,
and what is that rumbling or is it a bark?

No point being scared, we must keep on going,
but what's that up ahead eerily glowing?

CREEP SLOWLY THROUGH THE FOREST

12.

That's no rope, me lady, let's get a jog on,
because I'm afraid it's the tail of a DRAGON!

Come on band of helpers it's time to flee,
the dragon's awoken! Quick back through
the trees!

**DUCK & DODGE
THE BRANCHES**



10.

We're getting close now there's a fire through
the trees,
I bet that's where they're keeping Princess
Beautees.

YES! She's sat right there, in front of the fire,
you lot come with me, I'll need help to untie her!

HEAVE ON A LARGE IMAGINARY ROPE

13.

Back through the bog, there's no time to lose,
don't worry about trousers or even your shoes.

BIG STEPS, UNSTICKING FEET EACH TIME

Let's run to the bridge, we're making
good ground,
but I can still hear that terrible sound.

RUN ON THE SPOT

With its teeth sharp as daggers and fire in
its eyes,
the dragon is flying quick through the skies.

Over the bridge we're nearly there now,
but be careful don't fall, it's a long way down.

RUN ON THE SPOT

STOP!



11.

Oh thank goodness you've saved me, I was
getting quite scared,
just look how these two brave knights
have fared.

Have a look at Sir Bogey and Sir Never
Used Soap,
tied up in what looks like a thick, scaly rope.

14.

Stop there, take a look. The dragon's
not coming,
I can't hear it snort and it's wings have
stopped humming.

Now let's go to town to claim our reward,
glittering shields and solid gold swords.

15.

The king is so pleased and the crowd can't
stop singing,
the queen is relieved and the church bells
are ringing.
But what ever happened to that terrible beast?
And why did it give up such a delicious feast?

Were we too fast or did we look too tough?

MUSCLE MAN POSE

Or did it decide, 2 friends was enough?

Active Stories

Pharaohs Revenge



By Owen Denovan

Writing opportunities

- **Character description** (*mummy*)
- **Instructions - writing directions**
- **Report on Egypt**

Links to other subject areas

- **Nets and 3D shapes** (*Maths*)
- **Sarcophagus design** (*Art*)
- **Background of Ancient Egypt** (*History*)
- **Compare and contrast localities** (*Geography*)

Active games

Describe me

All children have a picture which they keep to themselves. Walk around the hall and think of as many descriptive phrases to describe their picture as possible. Children then challenge another person and describe their picture without saying what it is. Partner has to guess what it is.

Synonym finder KS1

- *Place a selection of synonyms around the hall. Each synonym is highlighted with a different colour. For example, all synonyms for big are highlighted in red. Each pair has 2 minutes to move around and record all words. Children then group words together based on the colour to create a bank of synonyms for simple words.*
- *Pair then have to make the best sentence they can using 1 or more of the synonyms*

How this works

- **Black text = story** (*read aloud*)
- **Blue text = action**

1.

Hi there, I'm Howard, Howard Carter.
The Egyptians were clever, but I'm
much smarter.

I've heard there's some treasure inside
Pharaohs tomb,
But I need some help getting into that room.

2.

It won't be easy, they will have laid lots of traps,
But lucky for me I have got hold of this map!

Behind this boulder is the start of the track,
Help me push it aside because I've hurt
my back.

HEAVY PUSHING MOVEMENT

3.

Down in the pyramid, way, way down,
The Pharaoh is lying, deep underground.

Buried with treasure, jewels and gold.
But the path is crumbly broken and old.

4.

We must creep along taking small gentle strides
This path is dangerous and not very wide!

We're doing great but there's a long way to go.
Danger's ahead, follow me, but we'll need to
go slow.

CREEP SIDEWAYS CAREFULLY

5.

Just checking my map, we need to turn right,
Down through this tunnel as dark as the night.

Be careful down here, Stay low to the ground,
Did anyone else hear that groaning sound?

SQUAT WALK, LOOKING AROUND

6.

The tunnel has finally come to an end,
All you lot be quiet and follow me round
this bend.

Just as I thought, here's our first trap,
But lucky for us that I've got the map.

7.

I'm front of us is a huge, gaping pit,
With small stepping stones to help us cross it.

But the stones are tiny, and not
very strong.
Quick, how can we cross?
We haven't got long.

8.

I know! Let's hop, using left foot and right.
We'll have to be careful. We should be alright.

Right hop, left hop, 2 rights and 2 lefts.

HOP USING THIS PATTERN

This better be worth getting so out of breath!

9.

We'll done! Over the pit,
1 last big hop, **BIG HOP**
The treasure is so close
but what's that...? 'STOP!!!'

Who used the wrong foot,
and set off this trap.
We'll have to go quick now,
there's no way back.



10.

The trap's pulled the trigger and filled me with dread.
There's hundreds of spikes shooting straight at our heads.

We must dodge and duck, don't stand still.
Quick, move, follow me or we'll soon all be killed.

DODGE AND DUCK AND JUMP

11.

Phew! We made it. We're nearly there!
But look at this sign saying 'Robbers Beware'

And look right next to it- a golden door.
Behind it- the jewels and so much more!!

12.

The Pharaohs Tomb. We've finally arrived.
Passed all the traps, I can't believe we survived!

Just look at this treasure, lying all around.
So much history, but what is that sound?!

EXPLORE TREASURE

13.

It seems to be louder the closer I go
Over to the tomb of the ancient Pharaoh.

It sounds like a moan, now a groan and a roar.
I'll just have a look what's behind the tomb door...

14.

Stop what you're doing! For goodness sake!
The Pharaohs not dead, he's now wide awake.
The Mummy is coming we don't have much time.
That monster won't let us escape this alive.

His ancient hands are mighty and strong
with fingernails all dirty and long.
His bandages stink of death and decay.
We must be quick or we won't get away.

15.

Back through the spikes, dodge left and right,
DODGE, DUCK AND JUMP
Jump up an duck down. Are we all alright?

Over the pit, remember to hop. **BIG HOP**
That Mummy behind us just will not stop.

REVERSE OF THE HOPPING PATTERN

16.

I can hear him close now, what a terrible sound!
Crouch through this tunnel, stay low to the ground!

SQUAT WALK

We need to be careful, the entrance is near,
Follow this path, there's no time to fear!

17.

The Mummy is close, it's right on our tail.
We can't let it escape. We must not fail.

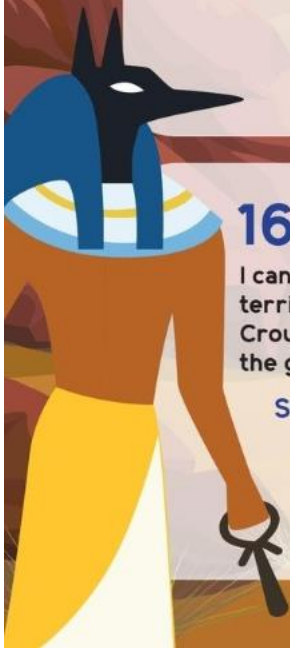
Help with this boulder, cover the door
Give it a shove. Come on! Push it more!

HEAVY PUSH

18.

Wow that was close! The Mummy's locked in.
No treasure today but it's still a win.

Because I found a map to another tomb,
Which belonged to a king called Tutankhamun...



Active Stories

The Mission To Wobblor



By Owen Denovan

Writing opportunities

- **Setting description**
- **Character description**
- **An alien meal**
- **Instructions**
(flying a spaceship)
- **Story writing**

Links to other subject areas

- **Planets**
- **Spaceship design**
(D&T)
- **Painting & planet**
(art)
- **Healthy meal**
(PSHCE)
- **Making friends/
new relationships**
(PSHCE)
- **Measurement
making rockets**
(maths)

Active games

Synonym hunt

Place a selection of synonyms around the hall. Underneath each synonym is a multiple of a number. For example, all synonyms for big have a multiple of 3 underneath. Each pair has 2 minutes to move around and record all words. Children then group words together based on the multiples to create a bank of synonyms for simple words. Pair then have to make the best sentence they can using 1 or more of the synonyms.

Adjective catch

Show an image- children pass a ball around a circle. Everytime they receive the ball they must think of an adjective to describe the picture. Any repetition or hesitation (5 seconds) child does a movement (E.g. 5 star jumps). If a child drops the ball must pass the ball on and do a movement.

Imagination run & chat

How this works

- **Black text = story**
(read outloud)
- **Blue text = action**

1.

Good morning cadets, you'll never guess what, we have a new mission, but that's not the lot.

STAND SMARTLY AND SALUTE

If we succeed we'll be known far and wide, but the mission is dangerous we might not survive!

2.

I'm Commander Flash the best pilot around, I prefer flying than being on ground.

And here is my ship the famous Space Ranger, by far my best ship, you're in no danger!

3.

We have been picked to go to the Planet Wobblor, it makes going to Neptune look like nipping next door.

We have been chosen to go, to look and to see, if there's any aliens and if they're friendly.

4.

Now before we blast off, put on your suits, your extra strong helmet and your boots.

MIME PUTTING HELMET AND SUIT ON

One last quick thing, that we need to check, and that's all the equipment that might save our neck!

5.

Can you see out your window? **SMALL CIRCULAR MOTION WITH ARMS OUTSTRETCHED**, Check your brakes don't squeak. **EXTEND LEGS AND POINT TOES** Check your seatbelts don't snap, **BEND ARMS TO TOUCH SHOULDERS AND SLOWLY LOWER ARMS TO STRETCH OUT IN FRONT** and check your water for leaks, **STRETCH OUT AND TWIST BOTTLE TOP**

6.

OK here's the countdown 7...6...5...4...3...2...1. **SHAKE BODY AND JUDDER** Hold on to your breath, because soon we'll be...gone! **BLAST OFF! JUMP UP IN AIR...** 6...5...4...3...2...1. **SHAKE BODY AND JUDDER** Hold on to your breath, because soon we'll be...gone! **BLAST OFF! JUMP UP IN AIR.**

7.

Look out your window what can you see? Oh no, look there, a Martian having a wee!

Enough of this sightseeing, no time to stare! Lets go into warp speed or we'll never get there!

MOVE ARM FORWARD TENSE WHOLE BODY (LIKE BEING THROWN BACK IN A CHAIR)

8.

ARRRRGHHH!! BRAAAAAAAAAAAAAAAAAAKE!

STRETCH OUT AND POINT TOES

We're going to land now watch out for the rocks, this rusty old ship can't take all these knocks.

SHAKE AND BOUNCE THEN STOP SUDDENLY



9.

OK so we're here, the Planet Wobblor,
I've got no idea what's behind this space door...

Phew it's quite safe, come follow me.
Hold on to this rope though, there's no gravity!

**OPEN DOOR AND TAKE LARGE
BOUNCY STEPS**

10.

STOP! Be careful, we may need a shield,
it looks like we've stumbled on an asteroid field.

**SHIFT WEIGHT FROM LEFT TO RIGHT,
THEN DUCK, THEN FORWARD**

Let's quick hurry through it.. full steam ahead,
that rock on that hill looks like an alien bed!

11.

This hill's really steep, too hard to climb,
Let's go super fast, we've not got much time!

The sun's going down, we must be quick,
did you all bring your space mountain picks?

**CLIMB USING IMAGINARY ICE PICKS
AND LEGS**

12.

Wow, I'm exhausted, we're almost there,
SHH! I think see some aliens on a chairs.

"Hello Mr Alien, how do you do?"
"Please can we sit and have a chat with you?"

SIT DOWN WITH LEGS CROSSED

13.

"BLAAAARTH!!
Oh look some hoomins, a tasty treat,
now don't you lot look perfect to eat!"

Quick cadets, don't delay,
I'm not an alien take-away!!

QUICK STAND AND TURN TO RUN

14.

Quick down the mountain, no time to waste,
CLIMB DOWN USING IMAGINARY PICK
Did you see the look on the Aliens face!

Through the asteroid field, back to the ship,
or you'll end up as Alien chips!
**DODGING LEFT AND RIGHT THEN
DUCKING WHILST MOVING**

15.

**BIG STEPS HOLDING THE ROPE BACK TO
THE SHIP**

Phew! Back on the ship rush through
those checks,
I don't want to know what will happen next...

16.

Can you see out your window? **SMALL
CIRCULAR MOTION WITH ARMS
OUTSTRETCHED**, Check your brakes don't
squeak. **EXTEND LEGS AND POINT TOES**
Check your seatbelts don't snap, **BEND ARMS
TO TOUCH SHOULDERS AND SLOWLY
LOWER ARMS TO STRETCH OUT IN
FRONT** and check your water for leaks,
STRETCH OUT AND TWIST BOTTLE TOP

17.

7...6...5...4...3...2...1.
Let's keep flying till we know it's gone!
**SHAKING AND JUDDERING
BLAST OFF! JUMP IN THE AIR**

My goodness that was close it's clear to see,
that Aliens on Wobblor are not friendly.

At least we're safe and going home again,
far away from those awful aliens!