

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!

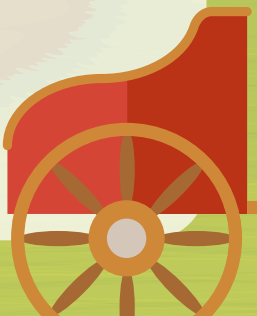
7.

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!

