

Active Stories

# A Knight's Quest



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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**

**10.**

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

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**

**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.

**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**

**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!**

**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?

