

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?

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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!

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.

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!

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)**





## 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!

