

The Biggest Obstacle Course on Earth Adventure!

Intro:

Connie: Welcome to the Armchair Adventures Travel Agency, journeys of the imagination. I'm Head Travel Agent and Host, Connie!

Armchair Adventure Theme Song:

*On an armchair adventure you can go anywhere you like,
On an armchair adventure imaginations fly.*

Scene one

Connie: Good morning, good evening, good afternoon wherever you're listening from adventurers!

The voices of today's join in adventurers are:

Kids say their names

Connie: Hi everyone!

Kids: Hi Connie!

Connie: I promised that I'd read out some more reviews that you've left for us on Apple Podcasts and we have had quite a few... Adaray said... "These podcasts are good fun, both of our grandchildren enjoyed them."

Thanks Adaray. Lid mskffm said, "I love Armchair Adventures, it is so fun you can listen to it with your friends and family."

Lyla has sent us a lovely review too, she said:

"This is amazing! I went to the workshop; my favourite part was getting to make up your own adventures. My adventure was about a magic bike! I would highly recommend as it's so much fun"

Thanks so much Lyla, and I'm really pleased you enjoyed our workshop. A bike adventure eh...that's given me some ideas! Don't forget that you can leave us a review too Adventurer on Apple podcasts, and we'll read out some more next time.

Anyway, on this week's episode we're going on an adventure with ... drum roll please!

SFX drum roll

liiiiiiiiit's Steve!

Connie: Hello Steve, how are you doing?

Steve: I'm great thanks Connie! I've been looking through some old photos of when I went to Nepal and flew over Mount Everest!

Connie: Wow! What was it like!?

Steve: Oh, it was brilliant Connie! We rode elephants and went on big exploring walks, trekking around and seeing new things!

Connie: Sounds amazing!

Steve: It was! I love a big active adventure holiday! I always wanted to climb Everest, but it's a bit late for me now, so sometimes I use my imagination to do it!

Connie: That's so cool, I can't imagine going on holiday and being so active Steve! You can't get me off a sun lounger!

Steve: What, you don't even go in the pool?

Connie: Not really...

Steve: Maybe you should try it out next time!

Connie: Hmm maybe....what else is in your photo album Steve?

Steve: There are loads of pictures of me and my team mates from my football days! I loved playing for that side, we had such a laugh working together! And we won a lot of games too!

Connie: Sounds fun!

Steve: It really was, it's great knowing you have people on your side, working together as one!

SFX Connie's mobile phone something funky

Connie: Sorry to interrupt Steve but I just have to get this!

Steve: No problem!

SFX during the following phone call Suras replies are like a chipmunk voice that gets angrier

Connie: Hia Sura, (as if covering the mouthpiece to tell Steve who it is) it's my cousin Sura....

(Back to phone call) No I'm not gonna do it..., I just don't enjoy it. No id be letting everybody down if I DID do it...please don't be mad with me, I'll be cheering you on fro...oh Sura?

SFX of the phone line cutting out

Aw...she's hung up on me!

Steve: Oh, dear what was all that about?

Connie: I've pulled out of sports day at school with my friends, it's really not my thing at all and now Sura sounds pretty mad with me....

Steve: Why do you feel like that Connie?

Connie: I just don't enjoy sports and competition, I never have! Everyone getting angry and loud, not to mention the horrible burning feeling you get in your chest!

Steve: You must enjoy some exercise though, Connie?

Connie: I don't mind reading about it...does that count?

Steve: Errrm not really...

Connie: I just love art, reading and creative stuff! I love to imagine the story in my head, building up the images and believe me I do a lot of movement in my imagination! Anyway what kind of adventure do you fancy this time Steve?

Steve: Well, to be honest Connie, I was about to tell you to grab your sports gear as me and the gang fancied some proper good exercise in this one!

Connie: Eeek and here's me saying I don't like sports...

Steve: Let's get the rest of the customers on the line and see if we can help you enjoy exercise, you could be missing out on a lot of fun with your friends!

SFX dialling in the armchair adventures customers

Everybody: Hello, hiya love etc.

Connie: Hello everyone, how are you doing?

Everybody: Can't complain, great thanks, looking forward to a big adventure etc.

Christine: Steve said we were getting a bit of exercise in today!

Carla: I've got my sweatbands and leotard on the go!

SFX workout video

Kenny: I've brought my javelin just in case!

SFX javelin throw and a ka-doing type sound of it hitting a mark

Ronnie: And I'm dressed in my finest gear! My Ashton United football kit! Complete with whistle!

SFX big referee-type whistle blow

Group: Oh, Ronnie bit loud, ooh my ears! Get the ref! etc.

Carla: What would you bring with you on a sporty adventure, Adventurers?

SFX Ding

Child: I'd take my water bottle!

Child: A cricket bat

Child: Snacks

Child: Rugby kit

Child: Tennis stuff

Child: Football

Child: First aid

Child: I'd bring my lucky number seven shirt

Connie: Wow they all sound great adventurers, but sorry to break it to you gang but I'm not really one for exercise...

Christine: Well, we all feel like that sometimes Connie,

John R: Especially at our age!

Pauline: Yeah, like when your joints feel stiff

Gang: Oh aye love, I'm like the tin man in the morning, I creak like a floorboard etc.

Steve: Or you can lose your confidence after a slip or fall

Gang: Oh yes, easily done, etc.

Carla: But most of the time we love to get up and active!

Keith: Too right!

Pat: For me, exercise isn't just sports! I love going dancing to get my steps in!

Pauline: Definitely! I'm always up and about at the theatre and on long walks with my dog!

Ronnie: Just because I'm not playing in the premier league, I still get going at walking football!

SFX Whistle and football sounds/kick a ball/shouts etc.

Ada: What exercise do you do to help keep you fit and active adventurer?

Child: Gymnastics

Child: Swimming

Child: I love football – goal!

Child: Treadmill

Child: I love dancing!

Child: Netball's my thing!

Connie: I'm rubbish at that physical stuff! I've never won anything either, so that proves it's not for me!

John OG: It's not just about winning Connie

Carla: Absolutely!

Linda: Well, why don't we see if we can help change your mind?

Lynda: Grab your exercise gear...

Pauline: Because we are about to take you on an adventure!

Steve: An adventure to compete in...

Pat: The toughest...

Lilly: The muddiest...

Carla: The scariest

Steve (echo sound effects on vocals) 'The Biggest Obstacle Course On Earrrrrth!'

SFX thunder & lightning, dun dun dunnnn.....

Connie: Uh oh! Sounds intense! I'd better pack my best PE kit!!

SFX of Cyril running in, door slam, footstep sounds

Cyril: P.E kit? I was just in the kitchen! What have I missed?!! I'm wearing my best suit!

Lily: You daft lump Cyril! You'll have to do it in your pants and vest now!

Music: Armchair Adventure's theme tune

Scene 2

The gang arrive at the biggest obstacle course on earth. SFX crowds and the general atmosphere of a Tough Mudder, claxons, air horns, cheering etc. to underscore at the start.

Connie: Oh no! You really weren't joking Steve! This course is HUGE!

Carla: Yeah, it's a proper event this! Look at the big crowd of spectators marching in!

SFX footsteps of the crowd walking into the arena

Steve: There's big colourful flares being let off too

SFX flares

Ada: The colours are so bright - blue, pink and green!

Pauline: There's even a DJ, a real party atmosphere!

SFX DJ getting the crowd going and some music

Christine: So many people with air horns!

SFX Air horn

Steve: They're really loud!

Ronnie: Not to worry! They're no match for my whistle!

SFX Ronnie's whistle, then the air horn wilting because of it

Ronnie: Haha take that!

John: There's food vans too!

SFX cooking, sizzling sounds etc.

Kenny: Mmm... smell those onions sizzling!

John R: And just look at that course!

Keith: And the other racers! They mean business!

SFX general atmosphere of the crowd

Connie: Exactly! I'm not sure about this gang... All those other racers competing look so well prepared! They've got all the gear; they've definitely done A LOT of training! Some of them are laughing with each other! Can't see anything funny about being here! And look at all the obstacles! They are absolutely massive!

Christine: They certainly don't call it (as if announcing a film title) 'the biggest obstacle course on earth!' For nothing!

Connie: How would you feel looking at the biggest obstacle course on earth adventurers?

SFX Ding

Child: It makes me feel worried

Child: It makes me feel scared – my legs are shaking!

Child: I feel really excited

Child: Let me at it, I can do it!

Child: I want to go home!

Christine: Bloomin 'eck! Look at that giant net you have to climb over first!!

Keith: It looks like a mini pyramid!

Ronnie: I want my mummy!

Steve: Don't be daft, it's Connie doing it not you Ronnie!

Ronnie: It was a joke? Pyramid? Mummy? Get it...

SFX tumbleweed

Ronnie: Oh forget it!

Pauline: And look at those giant hurdles!

Ada: They look like massive railway bridges!

Pat: And there's 10 of them!

Connie: Ten! How am I supposed to jump even one of them? They are taller than My Uncle Chris! And he's 6ft 5!

Christine: And I hate to worry you Connie but there's more...

John OG: Just past those, is a giant mud-filled tunnel you have to crawl through...

Carla: It's like a giant slide from a water park!

Pauline: And you drop into a HUGE muddy puddle at the end!

Ronnie: SPLOSH!

Connie: But I'm in my best kit! It's the first time I've worn my new white trainers....

Ronnie: WHOOPSIE!

Keith: And it looks like there's more after that too!

Connie: There's *even* more?!?!

Kenny: Yes, and the ending is pretty clear...

Christine: Look at the size of that wall you have to climb to get to the finish line!

Ada: Oh... the top of it might as well be in the clouds!

SFX birds cawing, wind as if it's really high up

Connie: Oh no... I'm scared of heights gang; I feel sick just looking out my bedroom window!

Pauline: Oh dear, what's that written on it as well, in big red letters?

Gang: THE WALL OF DOOM!!

Connie: (scared) ohhhh no if I'd known I'd have to climb a wall the size of a block of flats I'd never have come!

Anne: No time to worry about that now love

John OG: The race is starting!

SFX muffled tannoy announcement

Lynda: Oh listen, it's Uncle Chris doing the announcements from the commentary box!

SFX huge blaring air horn/klaxon

Uncle C: (intense voice) This is your 1-minute warning. (huge voice, like Ru Paul announcing a lip sync **SFX add echo to this line**) *THE BIGGEST OBSTACLE COURSE ON EARTH*

SFX thunder, lightning and dun, dun, dunnnnn.....

(quick and nicely to finish) will begin shortly!

Connie: Nope, nope, nope! Take me home please gang, I can't do it! I don't like sports day never mind this!

Ada: You can do it, we believe in you!

Christine: What can you say to encourage Connie Adventurers?

SFX ding

Child: You can be brave

Child: You can do it Connie, you're the best!

Child: I believe in you, Connie!

Child: Believe in yourself

Child: You can do it

Child: You've got this!

Child: I know you can do it Connie

Child: Don't be scared Connie

Child: Don't worry, you can do it!

Lynda: Brilliant suggestions everyone!

Connie: Thanks for trying but I think you've got the wrong Connie!

Pauline: Now come on! Hang tough!

Gang: Yes, come on etc.

Connie: I'm just going to give up now...

Music: rousing music

Steve: Connie, I'll be your coach and support you through it! We've been on tons of adventures and we always come good in the end! Remember when we shrunk down to the size of a mini beast and escaped a giant fox in the compost adventure? Fought off pirates that were hiding behind magical doors on the cruise ship adventure! We even survived a meeting with a great white shark in the underwater adventure! As for this? This, is just a plain old obstacle course! Trust me Connie, you'll finish feeling great and I bet you'll end up wanting to do sports day after all!

Music ends

Connie: I'm not so sure Steve...

Steve: Trust me Connie we've got this!

Anne: Yeah come on! You're in safe hands with Steve as your coach!

Connie: Ok Steve, I trust you, come on then gang let's get this over with...

Gang: Yippee, you wont regret it! Etc.

Connie: The things I do for my customers eh!

Christine: And don't forget we'll all be here cheering you on from the sidelines!

Connie: Thanks everyone!

Lynda: Are you all set?

Connie: Ready as I'll ever be!

Anne: Take this too Connie, for luck!

Connie: What is it?

Anne: My lucky sweatband of course! Get it round your head!

Connie: (a bit reluctant as it's a sweatband!) Errm thanks Anne...

SFX putting the sweatband on her head

Anne: What do you wear for luck adventurer?

SFX ding

Child: My favourite lucky shoes!

Child: I wear the same pair of old socks

Child: My favourite top

Child: I wear my lucky necklace that my grandma gave me

Child: My lucky football kit – I always score a goal when I wear it!

Connie: They all sound great adventurers! I wish I'd thought of bringing something lucky along!

Pat: Well, we will just have to be your good luck charm Connie!

Gang: (encourage Connie) Yeah go on girl! Go and get it! Etc. etc.

Linda: Now give us your best warrior shout! To get you going! Rahhhhhh

Connie: (bit weak) rahhhh

Cyril: You can give us more than that! Roar like a champion Connie Rahhhhhh!

Connie: (Like a champ) RAHHHHHHHHH! Wow I like this! I feel pumped and ready to go! Come on adventurers at home, let's hear your best warrior roar!

SFX ding

Kids: RAAAAHHHHH!

Connie: Thanks adventurers I'm feeling ready to go! Come on everyone let's do this!

SFX Klaxon

SFX Sports show theme, like question of sport etc.

Unc. Chris: Hello everybody and welcome to THE BIGGEST OBSTACLE COURSE ON EARTH!

SFX thunder, lightning dun dun dun.....

There are 10 racers taking part today, and one is my niece Connie from the Armchair Adventures travel agency! (sarcastic) Good luck competing in this one, Connie!

Connie: Yeah, thanks for that Uncle Chris!

Unc. Chris: The race is about to begin! Make your way to the starting line everyone! And may the toughest racer win!

Steve: You've got this Connie!

Connie: Thanks coach! Here goes nothing...

Unc. Chris: On your marks! Get set! GOOOOOOO!

SFX starter pistol

SFX of people running and doing the course and faint cheers from the crowd to underscore Uncle Chris commentating

Unc. Chris: Everyone is approaching the first obstacle - the giant pyramid net, wow! It's at least 5 times taller than most people! All of the racers are storming over already, like little spiders on a web!

Christine: Let's all pretend to climb the pyramid net Adventurers!

SFX ding

SFX climbing up the pyramid net

SFX stop

Unc. Chris: So that's 9 racers over the net already... and just one lagging behind - oh dear it's our Connie from the Armchair Adventures travel agency. Let's see what's happening on the ground!

SFX climbing up the pyramid net

Connie: I can't do this everyone!

Linda: You're already halfway up the net!

Pauline: You can do it!

Steve: Go on Connie... keep going!

Connie: Ok I'll try- woow, oh, arrrrrhhhh!

SFX of Connie falling through the net

Kenny: Is she waving at us?

Pauline: No, her legs have fallen through the net!

Christine: And she's upside down!

Ronnie: Oh no!

SFX of Connie falling through the net

Unc. Chris: Oh dear, it's certainly looking ropery for Connie at the moment!

Steve: Oh, Uncle Chris that's worse than Ronnie's mummy joke!

Ronnie: Hey I heard that!

Steve: Sorrrry!

Connie: Before we carry on with our journey of the imagination adventurers, here's another podcast that I love to listen to and you might too! It's called 'Super Great Kids stories!'

PROMO SWAP

Connie: Now let's get back to the action adventurers! (as if worried) And see what obstacle I have to do next....

Unc. Chris: After a quick glance at the leaderboard, I can see that the 9 other racers are almost at the end of the second obstacle, just as Connie is arriving at the beginning of it! Welcome to... the railway bridge hurdles! These hurdles are just like the ones at sports day, only they're built out of wood and 3 times the size! Juuuuuump to it racers!

Christine: Let's all pretend to jump the giant hurdles adventurers!

SFX Ding

Child: Give us a leg up!

Child: I can't reach

Child: Just climb up the side and jump over the top!

Connie: (Making sounds as if jumping and stretching trying to reach up to the hurdle)
Any ideas on this one gang?!?! I can't reach anything to grab onto!!

Steve: You're going to have to climb up the side Connie, then shimmy over to the middle and pull yourself up and over it!

Lynda: Good idea Steve! Treat it like the ropes in P.E. class!

Connie: Right ok, I'll try that...

SFX climbing

Steve: (An accusation rather than a genuine question) Have you got your eyes closed Connie?!

Connie: Of course, I told you I'm scared of heights!

Pat: It's dangerous!

Connie: Oh, alright then, I'll look...oh no... I don't lliikkkke it

Sfx sliding down swanee whistle sound

Lynda: She's slid back down!

Steve: Like a firefighter on a pole at the fire station!

Pauline: Only faster!

SFX hitting the ground , comical thud

Connie: Ouch!

Steve: Shake it off Connie! Up you get...

Ronnie: On to the next obstacle....

Unc. Chris: Another challenging obstacle there for Connie, but at least she has a future in the fire service! Any thoughts Steve?

Steve: Well I'd like to turn those hurdles into a bonfire, that's for sure!

Ronnie: I'll just get my axe...

SFX sawing and wood falling

Ronnie: Timmmmburrrrrrr

Unc. Chris: Well, that's one way to clear the obstacle, Ronnie! We are approaching the halfway mark Adventurers and what an incredible challenge is set before us, a tunnel of mud the size of a waterpark slide with a huge drop-off at the end – right into a big puddle of mud! SPLAT!

SFX splat

Why don't you splash through the muddy puddle Adventurers?

SFX ding

Child: Let's go!

Child: Ew, it's all over me!

Child: Eurgh, disgusting!

Steve: I'm off to see what's happened to Connie!

Ronnie: Me too!

SFX blows whistle

Ronnie: Wait for me!

Unc. Chris: Dramatic scenes here at the 'BIGGEST OBSACLE COURSE ON EARTH!' adventurers, Steve and the rest of the armchair adventures gang have leaped from the sidelines and are approaching the tunnel of mud!

SFX dripping sounds, eerie atmosphere

Pauline: I don't like the look of this...

Pat: It's so dark, I can't see her in there...

John R: I do hope she's alright

Steve: (Echo as if shouting into the tunnel) Connie! Are you in there love? What's happened?

Christine: Oh no, she's not replying.

Lynda: What are we going to do?

Linda: We'll have to go into the tunnel and get her!

Cyril: Right then, into the tunnel we go everyone...

SFX lots of squelching, add an effect to the voices as if they are in a giant plastic tube

Ada: It's ever so muddy in here!
Anne: You can barely stand up!
Keith: I wish I'd brought my wellies! It's filling up my trainers!
Ronnie: It's clogged my whistle an all! Listen!

SFX Ronnie's mud-blocked whistle

Steve: Never mind all that! Come on you lot we've got to find Connie!
Linda: Come on Adventurers! Crawl through the mud tunnel with us and help find Connie!

SFX Ding

SFX squelching mud alongside the below children's responses

Child: Ew it's proper muddy in here
Child: It's gone all over me!
Child: My PE kit's covered!
Ada: Connie? Can you hear us!?
Lily: Cooooonnie, Connie!
Connie: Is that you gang? What are you all doing here!? I'm just a bit further down, I stopped for a rest and now I'm stuck in the mud!!! I can't get up! Can you help me?
Steve: Right Connie give me your hand, everyone else let's make a big daisy chain and pull Connie out of the mud!
Pat: You too adventurers! Let's all pull Connie out of the mud! ONE, TWO, THREEEEEEEEE.....

SFX Ding

Kids: Heave ho! Heave ho! Heave ho! Hooooo!
Unc. Chris: Oh no Adventurers, from up here in the commentary box I can still see no sign of Connie and the gang from the muddy drainpipe, and as the rest of the racers storm into the next challenge... Wait....you'll never believe this, there's some shouting coming from the pipe...
Gang: Come on let's pull! Heave ho! That's it! Keep pulling! ONE, TWO, THREEEEEEEEE heaveeee!

SFX giant popping sound

SFX of splashing and squelching of the gang trying to stand up etc.

Cyril: Help us up please Lil!

Lilly: You help me up!

Gang: Give us a hand etc. etc. I'm absolutely covered! Me too! I can't see! I can't get up!

SFX of Connie wiping mud off her face and flicking it to the floor

Connie: Well that was quite an exit everyone! Thanks for the help, but I think you'll all agree it's time to put an end to this, let's just go home!

Gang: Don't give up Connie, you're doing so well! Don't quit now etc.

Connie: No, I think I'm done here, sorry gang, thanks for trying but I'm covered in mud, I'm coming last and I'm having zero fun doing this on my own, let's just call it a day...

Steve: Right Connie, I'm going to stop you there...

Music: Quiet rousing music that builds with the gang joining in

Steve: There's only one thing for it, as your coach, I'm going to muck in and do this with you!

SFX a squelch sound of Steve standing up

Connie: No Steve, I can't ask you to do that!

Pauline: And me! Forget my achy joints! I'll do it!

SFX a squelch sound of Jan standing up

Linda: Add me to the team!

SFX a squelch sound of Lynda standing up

Gang: And me, and me and me etc

SFX a squelch sound of each person standing up

Connie: I can't ask you all to join in on this!

John R: We're going to get through this together!

Connie: But John you're in your 90's!

John R: Don't underestimate us Connie!

Music: Armchair Adventures Theme (Instrumental only)

Unc. Chris: Will Connie and the gang make it through the biggest obstacle course on earth? Will they get out of the giant muddy puddle and win the race? Who knows? I don't! but I do know you'll get all the answers and more when you

tune into the next exciting episode of Armchair Adventures! See you next time!

Armchair Adventure Theme Song:

*On an armchair adventure you can go anywhere you like,
On an armchair adventure imaginations fly.*

Credits:

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