

FIGHTING FIT

An old soldier's next step

To read the rest of my story, click on these links:

- [Life before my injury](#)
- [My time in the army](#)
- [The moment everything changed](#)
- [My struggle](#)
- [My new hope](#)

I'm going to the Games!

By Gavin Ford
30th May 2017

I'm going to the Games! I cannot believe it! I have had to keep it a secret. Prince Harry told the newspaper and T.V. people today. That means I can now tell everyone who reads my blog!

First, I want to say thank you to all of you. Without your kind words about this blog, I might not have got this far. You have made a huge difference to me. You have made my life better. You have helped me to push myself harder. Without you all, I would not be going to Toronto for the Invictus Games 2017! So, thank you all!

I found out I would be going a few weeks ago. I was so excited when I got the phone call, but I could only tell my wife Janine and my parents. We were all so happy. This might be the happiest I have been since my injury.

If you do not know my story, you can read it by clicking the links on the left side of the page. The quick version is that I lost my left leg, just above the knee, when fighting in Afghanistan. I was in the British Army. I was 27 when I lost my leg. I am 33 now.

In the years after my injury, I have had to get used to life with just one leg. It can be tricky sometimes. However, I have great help from my family. It was my wife who said I should start working out. Maybe she thought I got too fat!

I always enjoyed working out when I was in the Army. However, I got lazy and sad when I lost my leg. I did not want to start working out again.

Then I remember watching the Paralympics on T.V. I saw all the people running and jumping and lifting weights and playing sports. All of them had disabilities. Some of them had only one leg like me. I was inspired.

“Why don’t you go to a gym then?” my wife said. I joined a gym the very next day.

It has been a few years since I joined the gym. Now I am going to the Invictus Games as a Powerlifter for Team GB!

I have been chosen to be part of the Great Britain team with my hero, Sean Gaffney. He won the Heavyweight Powerlifting Gold Medal last year. He is so strong. I will be in the Heavyweight team with him. Last year, Team GB won Gold, Silver and Bronze so the other teams will want to beat us this year! I had better be good enough!

My training will get harder as the Games get nearer. They will be taking place from the 23rd to the 30th September 2017. This year they are happening in Toronto, Canada. I cannot believe I get to go to Canada! How amazing!

I am really looking forward to being part of the team. We have amazing people on Team GB. There are 12 sports played at the Invictus Games. When Prince Harry told the world who was on our team, we all had to have a photo taken. I got to meet my team mates. They are great. There are Wheelchair Basketballers, Wheelchair Rugby players, archers, swimmers and loads more on Team GB! How exciting!

I cannot wait to be with the team for the eight days of the Games. I want to watch as many sports as I can. I am really excited to see Sledge Hockey. Sledge Hockey is Ice Hockey for people with disabilities. The players have amazing sleds which they sit on and whizz around. In Canada they love Ice Hockey, so as a treat they are showing the world how good Sledge Hockey can be. Maybe it will be part of the Invictus Games soon! Who knows?

What I do know is that I will be a part of the Invictus Games 2017! I am so, so, so, so excited! Thank you again for your support. Leave a comment. Subscribe to the blog. Follow my journey on here!

- Like - Comment - Subscribe -

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Fighting Fit – Y3/P4/G2 – Text

Section A

1. When was this blog written?

Section B

2. What does the capital letter used for the word 'Games' tell you about that word?

3. Who is Gavin Ford?

4. What was Gavin's old job?

5. 'Fighting fit' is a phrase people use to describe someone who is very fit. Why is it also a good name for this blog?

Section C

6. What is a blog?

7. Where are the Invictus Games happening in 2017?

8. Describe Gavin's journey from being 'lazy and sad' to 'going to the Invictus Games'.

9. What do you think a 'Powerlifter' does? Explain your answer.

10. Knowing that this is an internet blog, explain what the words 'like', 'comment' and 'subscribe' mean (used at the bottom of the blog).

Section D

11. What does it mean that Gavin was 'inspired' by the paralympians?

12. Is sledge hockey a sport actually contested at the Invictus Games or not?

13. Identify and explain one way the author shows the extent of their excitement in the final paragraph.

14. There is a set of links on the left hand side of the blog. What would you expect to read about in the blog 'The moment everything changed'? Why?

15. Considering what has happened to Gavin, why is 'An old soldier's next step' a clever subtitle to have chosen for this blog?

Fighting Fit – Challenge Activity

Section A

Tick the correct answer.

One of Gavin Ford's Blogs is called...

My lost leg

My struggle

My life

My dreams

The blog was written on...

3rd May 2017

30th May 2016

29th May 2017

30th May 2017

The Newspaper and TV People were told about the games by...

Gavin Ford

Janine

Prince Harry

The Army

Gavin Ford's hero is...

Prince Harry

Sean Gaffney

His wife

The Gym owner

Toronto is in...

Britain

America

Canada

China

Section B

Use the information in the text to decide whether these statements are true or false.

	True	False
When he first found out, Gavin Ford could only tell his wife Janine and his parents.		
Gavin Ford lost his left leg, just above the knee, when fighting in Japan.		
It was his wife that said he should start working out.		
Gavin is going to the Invictus Games as an Ice Hockey player for Team GB!		
Sledge Hockey is Ice Hockey for people with disabilities		
There are 12 sports played at the Invictus Games		

Fighting Fit – Challenge Activity

Section C

Use the information in the text to determine whether the statements are true or false.

Statement	True or False?
The people who read Gavin Ford's blog have made a huge difference to him.	
He found out he would be going a few months ago.	
He lost his right leg, just above the ankle, when fighting in Afghanistan.	
Gavin became lazy and sad after he lost his leg.	
The Invictus Games will take place from the 23 rd to the 30 th September 2017.	
When Prince Harry told the world who was on our team, we all had to autograph a photo.	

Correct the false statements in the space below.

Section D

Use the information in the text to decide who might have said the following:

Statement	Person
"I love you Gavin. I'm worried you're becoming unfit. Do you think it would be a good idea to join a gym?"	
"Gavin, you are an inspiration. I love reading your blogs."	
"I'd like to introduce you to Team GB who will be taking part in the 2017 Invictus Games."	
"Maybe you could win gold, like me last year!"	