**Here are your creative criteria for FEBRUARY:**

1. **Your story’s first sentence must include something being POPPED.**
2. **Your story must include a character who references a FILM title.**
3. **Your story must include the words LEAP, BOTTLE and SHADOW.***(Longer words are okay if original spelling is retained.)*

Jason stopped moving, his knee had just popped out again. The pain was excruciating! He knew if he waited a few minutes then moved sort of backwards and sideways the knee would right itself. In truth though, it was the mocking by his mates that he wanted to avoid, and of course, any word getting back to the studio.

His stunt work on his next film, ‘The Hero Leaps’, would be more aptly named ‘The Hero Limps’ he thought. He walked through the rocks and dust, avoiding the inevitable cow dung, to his caravan.

Once in his caravan he reached for the bottle of painkillers that seemed to be always to hand nowadays, that and the heat pad. An hour’s rest and he’d be ready to get back out there.

Jason eyed the DVD collection on his shelf - all the films he’d done stunt work on. He’d started when he was just a teenager, now at 60 his body was letting him know that all the leaping, jumping, tumbling, falling and running was getting a bit much. Although it was a career that he’d just sort of stumbled into it had been one that he’d been good at and his name was asked for time and time again. But the young ones were coming up now and he was relegated to the roles of hiding in the shadows then leaping out to be shot at and act the death scene - the close up always the actor’s handsome face though. Jason’s was scarred by the many accidents he’d had over the years.

Giggling and scuffling noises outside his door woke him, the tentative knocking on the door brought him upright. He opened the door to the two shining faces looking up at him. “Come on Poppy! We want to play horsey again!” Jason felt his knee, a bit tender, but good for another round. He grinned at his two grand children and put one on each shoulder ready to ride again.