Sports Day

Last Saturday was my school's sports day. I didn't realize that I had experienced a very memorable day. They sports day was held on 22nd September, 2015.

Even now, the various scenes of the sports day are still in my mind. I could remember them so clearly. In the past six years of my primary school life, when it was sports day, I preferred to join the cheering team. But this time everything was different. My PE teacher encouraged me to participate in some of the sports day events, so I decided to give it a try.

The spectators of the sports day were the schoolmates, the classmates and the family members of the participating students. All of us were excited, and the sports field was full of joy and cheers. The cheering team of our class was well-prepared and we had colourful banners, megaphones, pom poms , and boom boom sticks. We also designed a mascot for our own class. It was brilliant!

There were lots of events in the sport day like long jump, high jump, shot put, sprint and many others. This was the first time I participated in a sports event, so I got butterflies in my stomach before my event. When it was finally my turn for the sprint event, I listened carefully for the sound of the whistle. When I heard 'beep', then I ran forward with my full strength. As expected, I lost. I was the slowest in my race. I felt very frustrated. My PE teacher, Miss Cheung, came up to me and said, " Failure is the mother of success, don't give up! " At that moment, I promised myself that I could not be the last one in the race next year.

Life is just like a sports competition. Sometimes we win, and sometimes we lose. Participating in games and sports can truly help us develop a spirit of sportsmanship.

1D Larry Lam