

## 3E (10) LAM HO LUNG

### A Lively Sports Day

On 8<sup>th</sup> October this year, our school held Sports Day at Siu Sai Wan Sports Ground.

My classmates and I were waiting in the stands waiting for it to begin. It was scorching so we had to bring our own tans.

A few minutes later, the opening ceremony started. Three helpers raised the flag and we sang the national anthem. The principal gave an uplifting speech about not giving up and teamwork, while some volunteers and teachers set up the event stalls. After the principal had finished his speech, the initial events began. The first event was long jump. All of the athletes did their best. The competition was fierce and the results were close.

The second event was 100 meters sprint which I took part in. Before the race started, the athletes warmed up. As soon as the race began, the athletes and I took off. I ran as fast as I could, but I came in last place. I was out of gas by the end of the race. I had hoped to do better.

The most notable event was the 1500-meters sprint. Classmates cheered on their friends, creating an energetic atmosphere. Each participant gave it their all during the race. At one point, the cheers could be heard from the other side of the field. In the end, a student named John Lee won and was awarded the gold medal. The race was an

exhilarating experience.

Sports Day taught us about good sportsmanship by sharing us how to win and lose gratefully. The winners of the events never bragged or made fun of the losers. This day was extraordinary and delightful.