



5R Au Man Yin


## Sports Day 2024

On 1<sup>st</sup> February 2024, it was our Sports Day. It was a memorable day.

The location of the competition is Tseung Kwan O Sports Ground. I signed up for 100m dash and soft ball throw. When the competition was about to start, I represented all of the athletes swear to follow the rules of the competition.

When the competition started I helped the house cheer. After that I went to the track to get ready the 100m dash race, but I did not get to the final because I need to be 2 seconds faster. In the soft ball throw, I threw the ball 32m away so I got the second runner-up.

At the end of the Sports Day, although our house was not the champion, we were still very cheerful that all our teammates had done our best in the competition. It was such a meaningful day!





5R Chan Kin Hei


## Sports Day 2024

Last Thursday, I went to Tseung Kwan O Sports Ground to join my school's athletic meet. The weather was not good, because it was humid and foggy.

When I arrived there, I was very excited and happy, because I am a sport lover and I can't wait to join the competition. On that day, I joined long jump and pitch softball. I tried my best, but I didn't get any medal.

Besides, joining these sports competitions, I also cheered up for my friends when they were doing their competitions.

At last, green house got the overall champion. I am very proud of the result, because I was one of the green house members.






5R Chau Cheuk Him

### **My plan for my Guangzhou trip**

On 27<sup>th</sup> February, I am going to visit Guangzhou. I am going to go here because I can learn more about Guangzhou, so I am very exciting now.

On the first day, I will learn about renewable energy, including solar energy and values of caring for the environment. Second day, we will learn for economic and technological development of China.

I hope that this trip will be an unforgettable trip and now I am starting to pack my backpack for this trip.





5R Cheung Tsz Yu


## Sports Day 2024

Yesterday, it was sports day. I felt happy and excited because I like running. My race was 60m, 100m, long jump and parents and their child competition.

First race was long jump, when I jumped high, I jumped 2.42m, I was so surprised, next race was 60m, I got the champion. Everyone gave me a big hand, but I felt shy.

Next race was 100m, when I was running, suddenly I fell down but I quickly got up and ran. I went to the Medical Room and took a rest. The last competition was parents and their child 2×50m challenge. Although I hurt my arm, but I didn't give up, ran fast and got the champion again!

I learnt that if we have problems, we don't give up and talk to our family to ask for help.





5R Lee Shing Chau

## Sports Day 2024

On 1<sup>st</sup> February, 2024, it was my school's sports day. It was a foggy and cloudy day. so, the ground was wet.

When I arrived at Tseung Kwan O Sports Ground, I saw my principal pushing dehumidifier to dry the ground. I felt very impressed. I took part in three games.


First, I played the long jump. I saw many students felt very nervous. I also heard someone said "I jump 4.7m!" I felt very surprised.

Then, I played the softball throw. I love playing this game because it was my first time to throw.

Next, I ran 100 meters. I felt very happy because I could run with my classmates in this game.

Finally, I cheered up my classmates. I saw someone fell down, but they never gave up. I thought they had sportsmanship.

In this sports day, I felt very great because I could play with my friends and enjoyed the competition. I learnt we should have sportsmanship. I also felt lucky because I have a kind principal.





5R Leung Nga Ching

### **New Year's Resolutions**


Every new year brings new wishes. Today, I am going to talk about my three New Year's Resolutions.

First, I want to be hard-working and strive for good grades. I need to bid to get the praise of my mother.

Second, I want to save money to buy a present for my mother because I am very grateful to my mother for nurturing me all the time. The most important thing that I need to do when I grow up is that I need to take good care of my mother.

The last thing, I want to have my own iPhone because I want to play for a while when I finish my homework. I will promise my mother that I will do my homework and practise piano first.

Finally, we gather at the Canteen. All of us were reluctant to leave. This day was my unforgettable memories. I will never forget today's school trip!





5R Szeto Tsz Ho Jayden


## Sports Day 2024

In this Sports Day, I joined several activities like 60m running, 100m running, etc. This Sports Day was special because it was all-day and also other kindergartens came to join our day.

The most stimulate activity was the 4×100 race. Other primary schools joined our competition and ran together. Everyone was extremely fast and our school was 2<sup>nd</sup> runner up on the boy's team and 1<sup>st</sup> runner up on the girl's team! It was really exciting!

There was a meaningful activity for me and my mom it was the 2×50 family relay! I had four strong enemies and I couldn't run fast, so we got the fourth place!

The Sports Day was entertaining and made me very involved, I was really reluctant to leave. I love this day.






5R Tang Wai Fun

### **My New Year's Resolution**

Last year when I tired to make new year's resolutions, I actually made them but I didn't achieve them because I was lazy to do it, but this year I will try my best to succeed and get to my dreams of getting good grades.

My first New Year's resolutions is to do more exercise like playing basketball, because my mom always said if I don't do exercise I will never tall so I want to do more exercise.

My second New Year's resolution is to pass all my exam because I've failed a lot of times in Chinese so this year I will try my all best not to fail and succeed to go to 6<sup>th</sup> grade.







5R Wong Chin Yui Hiley

## Sport Day 2024

One the Sport Day, I woke up early in the morning and I were so excited to go to the Tseung Kwan O Sports Ground with my family because I competed a few track and field competitions.

First, when we arrived, we did some warm-up exercises. After that, I was ready to start the long jump competition. After the long jump, I needed to compete the 60 to 100 mete run competitions. When I heard "on your marks, get set, go" I ran as fast as I could and rushed forward, I did my best to reach the end of the track line. I hoped I could win the running prize.

At last, I only got fourth place in the long jump. I was a little disappointed that I didn't with the running award.

I understand that as long as we keep practicing hard, we will success one day.

