

## Athletics

The girl ran as fast as she could, and all of a sudden, she tripped and fell. As she lay on the ground, with bruised knees, she could still see the other runners running in front of her. Even though her lungs were aching, her ankles felt as if they were bent out of shape, and her body was as if it was on fire, she never minded and kept running. And guess what? Even if she was left behind, she actually won the race.

Can you spot a motto?

That's right- the motto is "Never Give Up". I think you probably have heard of this before, and you probably used it, too. Let's say you were the girl who ran, and fell down. The falling-down part is considered as a distraction, or a fail. But the fail can be overcome by continuing on and trying to catch up. In other words, the girl avoided distractions, no matter what happens- even if her ankles were bending out of shape, her body was like on fire and sweating furiously, and even if her lungs were aching, she finished the race and won in the end. And the girl running is one example where "Never Give Up" is involved. It's a tool everybody uses- including Thomas Edison, a world-famous inventor that is said to invent the lightbulb (even though, technically he WASN'T really the inventor of the lightbulb; someone else actually made a lightbulb before him, but thought that the invention won't have any money in it- maybe he should have) was said to overcome over 5,999 tests to get a lightbulb with a perfect filament. He used human hair, wood, and other filaments, and they eventually led to the burnt cotton filament, then the burnt bamboo filament, and finally the tungsten filament. That's the type of lightbulbs we have today. We learned about "Never Give Up" in PE class, and this is involved in lots of activities we do. And something's PE class can mean the brain, not the muscle.

When your teacher tells you you have to train for Athletics day, the second you hear him say it, then your brain is probably saying- "Try Hard and Don't Give Up." And so, every time you putt a shot putt, or jump a long jump, or do a quick sprint, you should always try achieving a new record. To me, there is no limit to the highest record.

Like we said before, failures can be distractions, but can also be very good and helpful. So, let's dig into some activities!

First, there's the shot putt and discus. You just learn how to do it, then do give it a try. It takes a lot of practice to be perfect. But how do you get to that "perfect"?

Then, you should use different things to help you. Like, for example, a black javelin-thrower in Kenya used YouTube to practice, and our school uses Hudl, which films in slow motion. You should look at your videos and see where you have to improve on. Then, you take the failures, learn from them, and try to avoid them and fix them. And every time, you must improve until you get perfect, until it gets good enough to beat someone. the saying in here is "Practice Makes Perfect". Now, I will explain about how these sayings are used and involved in my PE athletic subjects:

1. Long Jump- every time, I have to look back at my past record and try my best to beat it. To real PE fans, then you can consider beating records like playing a video game. You get past one level, and try to beat one time. I spot this everywhere- including in YouTube. you never give up trying to get past a level, just like in PE. Like a video game you are obsessed with, you never give up and practice and practice until you beat the level. It is probable that you can get perfect- I think there's not really a limit of how long you can jump. You can ask for feedback from friends, and they will tell you your problems. when they're "complaining", don't get angry. Show then that you can get perfect, and follow their advice.

The long jump is basically running from a distance, and jumping at a certain second, and land in a sand pit- that's how we did it.

2. Shot Putt- like we said before, give it a go on your first try. Get someone to look at you doing your first push (it's push not throw), and give you advice on your first try. Follow their advice, and keep on going.

The Shot Putt is "pushing" a weighed ball into the air and letting it land at a distance. My first throws weren't that good- about a few meters, but now I'm getting the hang of it and so far, my new record is nearly two meters (I think)

3. 50- meter run- This one is easy. Just run 50 meters. But make sure you have to run FAST. Like the rest two activities/subjects, you first give it a go. But this one, however, I think you don't really need feedback unless it's really necessary. Likely comments can be about swaying your arms while running to run faster, or keeping your head still and body tilted forwards. The only tool you need to clock your time is a stopwatch. You look at our time, and try your best to beat that record- like the Long Jump and the Shot Putt. And just to make you focus on it, make sure you like video games. Think of the whole thing as a video game while training, and try beating past every level.

That's [pretty much I will explain about this unit so far. Thanks for reading!

total: 981 words

