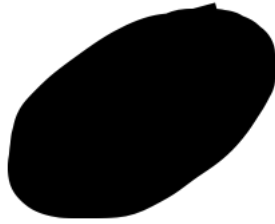# P.E

Summative assessment

At athletics day I did three kinds of sports high jump ,50 meter run and discus.

50 meter run

The first sport I did was 50 meter run. At that sport I ran 9.17seconds and I got in number two place then got in the semi-finals, but in the semi-finals it was only me and Jia Jia were fifth graders and the rest are all six graders but I couldn't beat them and became last place.
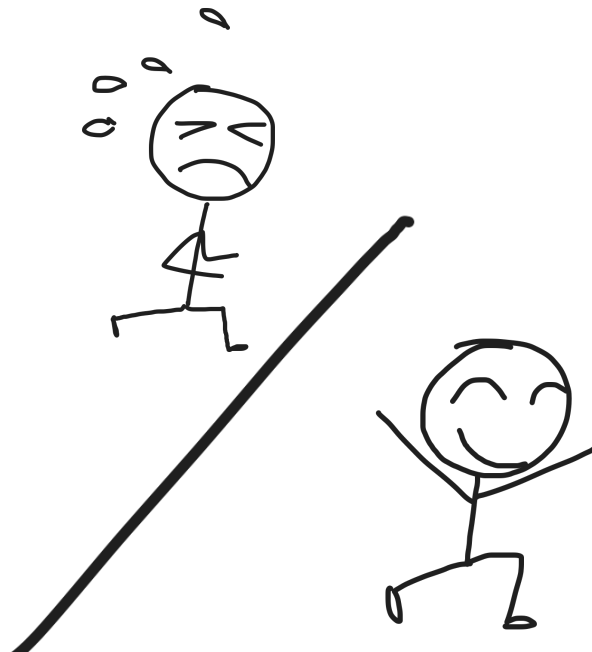
The second sport I did was high jump, I was very excited when I did it. I jumped 110cm! I didn't believe it! Before I never jumped that high. Then I got in the semi finals again because I got second place.

When I did the semi finals I was also with all six graders. When Ms.Carol said I was second place, I was so happy, but then I found out that she calculated wrong and I should be in third place. I was very upset when I heard that.

Discus

The last sport I did was discus. The first time I threw it I got 6.4 the second time I threw I got 7.35, then I got in the semi finals again! When I was in the semi finals, the first time was 7.5 but the second time I failed and the discus flew out of my hand.

After I saw the score of 5B come out I was pretty happy that we beat all the fifth grade classes, but we didn't beat the six grade classes.

4.5B
5.5C
6.5A

Even though I didn't get a gold metal, but I still had a great time at the athletics carnival.

These are my first attempts and best results.

Athletics
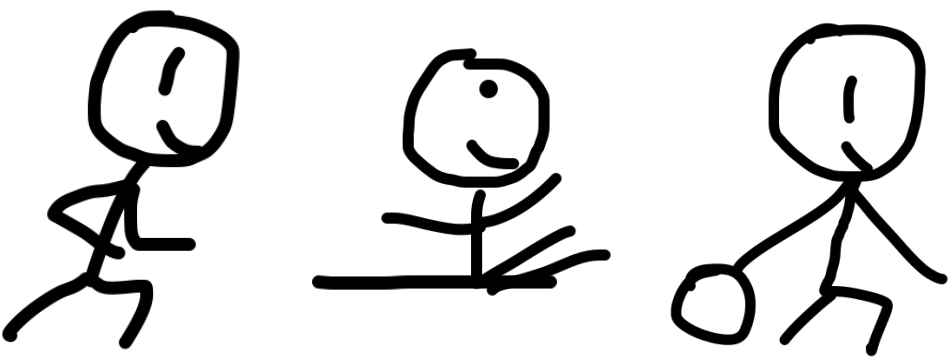First Attempt and Best Results

Your Name: Maya

Your Class:5B

50m	400m	Long Jump	High Jump	Discus	Shot Put
9	1.23	1.4 1.9	100 110	55 52	53

First Attempts

Best Results (This can be updated at the end of every training session)

Date	Event 1: Track	Event 2: Jump	Event 3: Throw

	High jump	Discus	50 meter run
First attempt	100	55	9.69
Last results	110	75	9.17

To improve I had to stop jumping the high jump with one of my leg to be straight
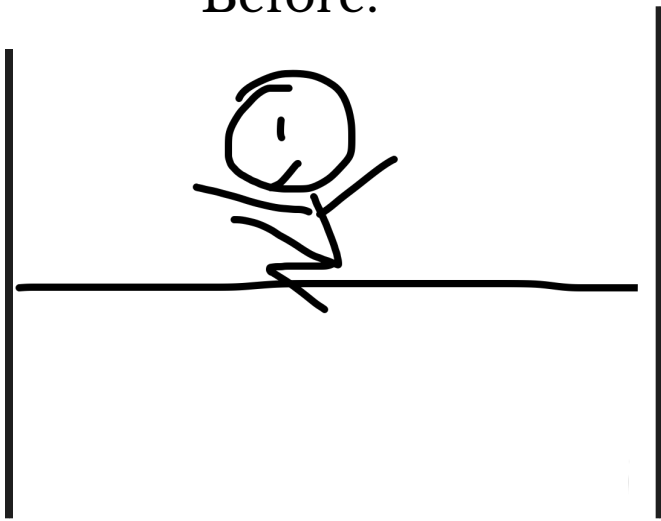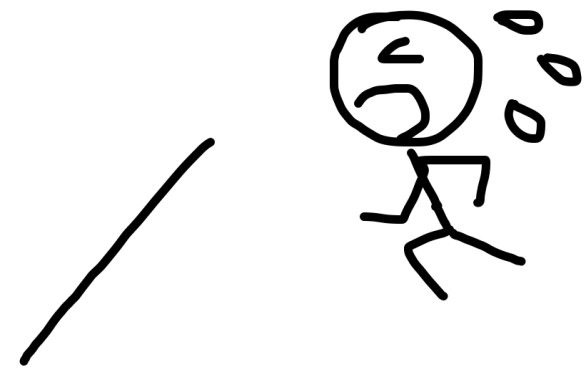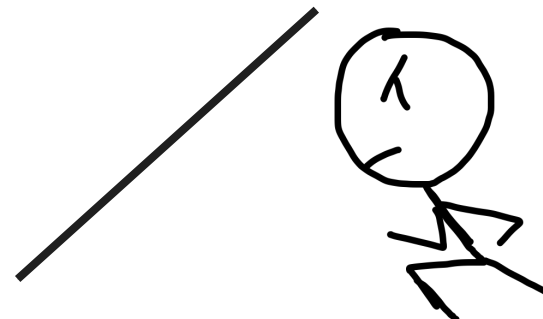
Another thing I learned was that you cannot be slow at the bottom of the 50 meter run.

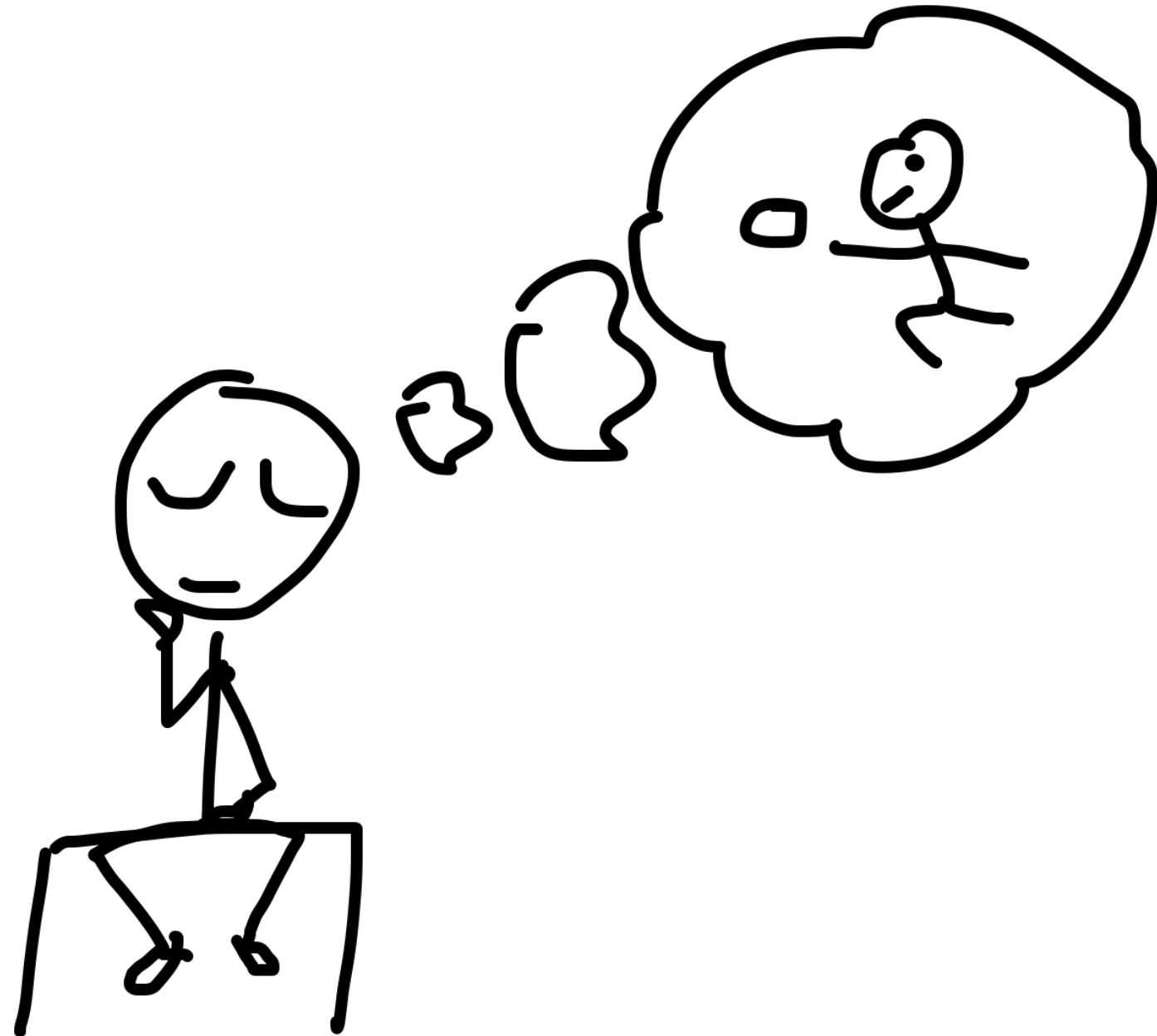Before:

After:

Before:

After:

I overcome the adversity by visualizing and focusing.

visualizing

focusing

THE
END