

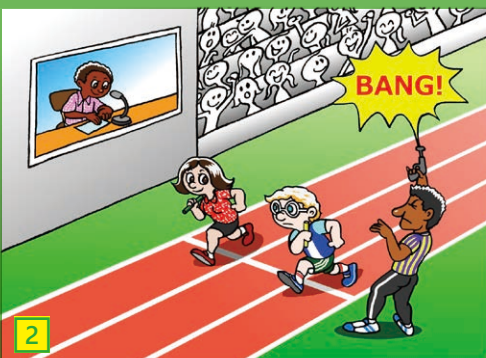
MR RUNABOUT'S RELAY RACE



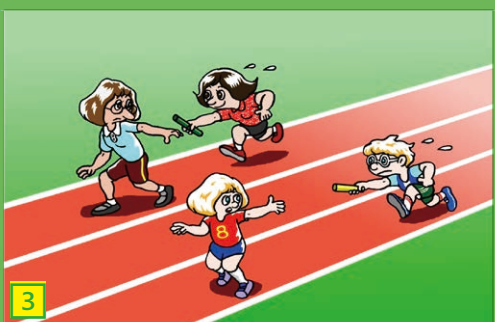
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Today is the School Sports Day. All the children are at the sports stadium. The children will compete in running races, the high jump, the long jump and the discus. Paul is very good at talking so he is the commentator today.



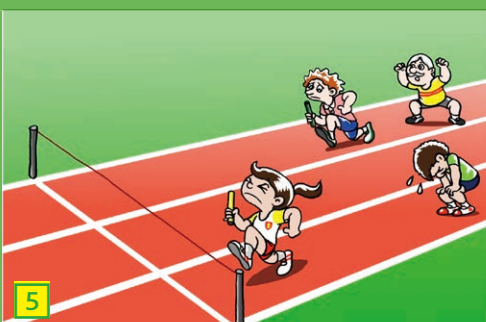
"Good morning, my name is Paul and I'm from class 6A. Welcome to our School Sports Day. The first race is the relay race. There are two teams. Students verses teachers. The students and teachers take their positions. Mr Runabout fires the starting pistol.



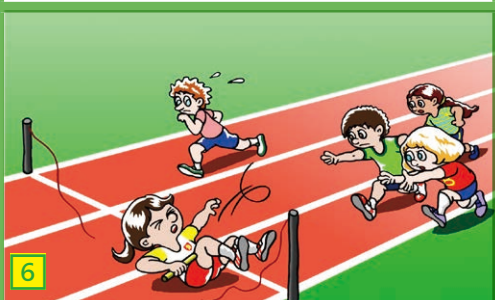
Hetman is very fast but Ms Reddress is the fastest. Ms Reddress gives the baton to Mrs Sum. Hetman gives the baton to Shawn. Shawn catches up with Mrs Sum!



Mr Singalong takes the baton. Annie takes the baton. Mr Windmill takes the baton. Mr Windmill is slow but Annie is the slowest. Nishe takes the baton. He looks bigger and stronger than Mr Windmill.



Mr Story takes the baton. Suki takes the baton. She runs. She has to run the furthest. She is at the finish line. Oh no!



She falls! Wait. She rolls, she rolls, she ... Suki's team is running to her. Poor Suki is lying on the floor!"



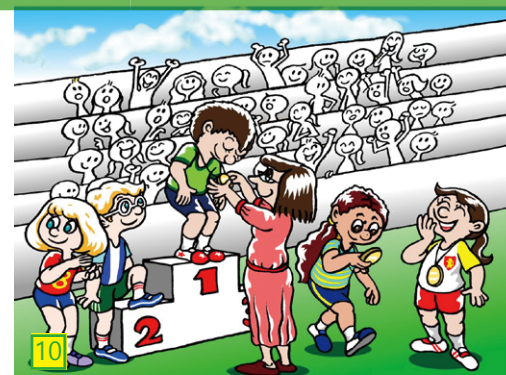
"How do you feel?" asks Annie. "Terrible," says Suki. "Don't move," says Annie. "You may have broken your arm or your leg. Wait for the teachers to come. They will be more helpful." Suki and her friends wait. Mr Runabout and Mrs Sum are running over to help.



"Hello," says Paul, "this is Paul here and I have an announcement. The winners of the teacher and student relay race are the ...



... students!" Suki jumps into the air. "And Suki seems to be fine! This is Paul from 6A. Enjoy the rest of the day!"



"Hooray!" shouts the crowd. The students all get gold medals! "What's more important is that Suki is okay," says Annie. "Wow," says Suki. "What a crazy race!"

Olympic Quiz

Circle the correct answer.

1. Where did the 2021 Olympic Games take place?

- A. In Greece.
- B. In China.
- C. In Tokyo.

2. When did the 2020 Tokyo Olympics take place?

- A. 1897.
- B. 2020.
- C. 2021.

3. What do the five Olympic rings mean?

- A. China, Malaysia, Japan, Singapore, Thailand
- B. Africa, Asia, Australia, Europe and the Americas
- C. peace, harmony, love, loyalty and courage

4. Who won the gold medal for fencing?

- A. Siobhan Haughey
- B. Lee Wai Sze, Sarah
- C. Cheung Ka Long, Edgar

5. At the ancient Olympic Games, what did the champions win?

- A. A branch from an olive tree
- B. Gold, silver and bronze medals
- C. Class dojo points

6. Which Olympic medal winner's nickname is 'The female cyclist from Ngau Tau Kok estate'?

- A. Siobhan Haughey
- B. Lee Wai Sze, Sarah
- C. Cheung Ka Long, Edgar

7. Which Olympic medal winner swam in a freezing cold lake?

- A. Siobhan Haughey
- B. Doo Hoi Kem
- C. Lee Wai Sze, Sarah

Answer: 1. C 2. C 3. B 4. C 5. A 6. B 7. A

Olympic Wordsearch

F W H Y H N W W H B A R X Z O X O E
L G I I M K D Z U T J B I G V O E Q
A J O N O S T A B L E T E N N I S D
G B Y V D L W T O M H H O N G Q S U
I M O F S S L I Y Z L E P L Q S J K
D E L E O E U Y M V S K S T O K P Q
I D Y N H C Y R X M C Y C L I N G Y
K A M C S M L O F N I I E U W E I X
E L P I D L B V N I K N Q C Q F M O
E T I N C F A R A G N L G R P Z L H
C O C G A T H L E T E G G W L W T W
L E U O J Z K A R A T E I Z N G U B

Find the following words in the puzzle and circle them.

Words are hidden → ↓ and ↘ .

WINDSURFING
SWIMMING
OLYMPIC
FLAG

FENCING
KARATE
RINGS
ATHLETE

TABLE TENNIS
CYCLING
MEDAL

Matching Game

Match the Olympic winners with their sport.

Cheung Ka Long, Edgar 🥇 •



• swimming

Grace Lau 🥈 •



• karate

Minnie Soo 🥉 •



• table tennis

Doo Hoi Kem 🥉 •



• cycling

Lee Ho Ching 🥉 •

Siobhan Haughey 🥈 🥉 •



• fencing

Lee Wai Sze Sarah 🥉 •

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Newsletter

Autumn Edition

THE OLYMPICS

Hello! We are Jessie and Annie from 6A and we are proud to introduce to you the autumn edition of our newsletter! Hong Kong's athletes did incredibly well and won 6 medals at the 2021 Olympic Games in Tokyo, Japan. It was a very proud day for Hong Kong.

The modern Olympic Games of today are based on the Olympic Games of ancient Greece that happened thousands of years ago. At the ancient Olympic Games, the prize for winners was a branch from an olive tree. Now, winners receive gold, silver and bronze medals! The five rings of the Olympic flag represent the five continents: Africa, Asia, Australia, Europe and the Americas.

We now also have the Paralympics for athletes with disabilities that include badminton and taekwondo. Both the Olympics and Paralympics were postponed from 2020 to 2021 as a result of the Covid pandemic. The events were still branded as the Tokyo 2020 Games.

For this newsletter, we have asked students at CRGPS which athlete they have enjoyed watching the most. Please scan the QR codes to watch each student talking about their favourite athlete. You can also read a story about the teachers and students at CRGPS during the School Sports Day. Finally, you can enjoy doing some fun quizzes about the Olympics.



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Suki & Cycling

Hello, my name is Suki Hui from 6A. My favourite Olympic medal winner is Sarah Lee Wai-Sze because she is good at cycling and I like cycling too. Sarah has won many awards. She won the gold medal in the women's cycling race at the 14th National Games of the People's Republic of China and the bronze medal in the women's Keiren at the 2012 London Olympics. In 2021 she won the bronze medal in the women's sprint at the Tokyo 2020 Olympics. I am so proud of her!

However, she has had to work hard for her success. Sarah lived in Ngau Tau Kok Estate when she was young. Therefore, she got the nickname, 'The female Cyclist from Ngau Tau Kok Estate'.

In 2009, when Sarah was training outdoors, she had to swerve to avoid hitting a dog. This resulted in her breaking her arm. She had to have surgery to realign her bones. As Sarah's injury was so serious she had to stop training for a few months. Her coach suggested that she should give up cycling as it would be extremely difficult to become a world class cyclist again. However, Sarah did not give up. After a period of rest she continued her training. In the 2010 Asian Games, Sarah got her first gold medal in the 500-metre timed cycling race. The confidence gained from this achievement put Sarah's career back on track.

Sarah has taught me the spirit of never giving up. As long as we persist in our efforts, we can certainly achieve our dreams.



MEET MY OLYMPIC HERO!

Hetman & Fencing

Hello my name is Hetman. My favourite Olympic medal winner is Edgar Cheung Ka Long. He won the gold medal for men's foil in the fencing competition. Edgar is my favourite Olympian because the fencing matches were very exciting to watch. I hope I get the opportunity to do fencing one day!



Luke & Table Tennis

Hello, I am Luke Lee. My favourite Olympic medal winner is Doo Hoi Kem. She won the bronze medal in the women's table tennis competition at the 2020 Tokyo Olympic Games. Doo Hoi Kem won two medals at the 2014 World Championships. She also won a bronze medal in mixed doubles with Wong Chong Ting. Doo Hoi Kem is my favourite Olympian because I love playing table tennis. It is very exciting. I hope that I will be an Olympic medal winner one day.

I would like to thank all the Hong Kong Olympians for making the people of Hong Kong so proud.



Mary & Cycling

Hello, my name is Mary Wu from 6A. My favourite Olympic medal winner is Sarah Lee Wai-Sze. She won the bronze medal for women's sprint in the cycling competition. Her greatest achievement to date is winning the bronze medal in the women's keirin at the 2012 London Olympics. Lee is the first Hong Kong athlete to win a medal for cycling.

Sarah is my favourite Olympian because she has persevered throughout her career. Cycling is also my favourite sport. I hope that one day I will have the same spirit as her.



Shawn & Swimming

Hello, my name is Shawn Lee. My favourite Olympic medal winner is Siobhan Haughey. She won two silver medals at the Tokyo Olympics. Siobhan is Eurasian and studies in the USA. During the Covid lockdown she had nowhere to train. She tried swimming in a lake but she had to get out after 15 minutes because it was too cold! Siobhan is my favourite Olympian because I also love swimming but I wouldn't swim in a freezing cold lake!



Nishe & Cycling

Hi, my name is Dewan Nishe and I like sports. One of my favourite sports is cycling. My favourite cyclist is Lee Wai Sze, Sarah. She was born on 12th May 1987 in Hong Kong. She lived with a poor family. Sarah always had an interest in sport and would go cycling as much as she could. Unfortunately, her coach died early in her training.

In addition to this tragedy her training partner was badly injured and had to give up sport. Rather than give up with such sad news, Sarah chose to persevere until she won the bronze medal at the Tokyo Olympic Games! I really admire her!



Semi & Karate

Hi, my name is Rai Semi from 6C. My favourite Olympic medal winner is Grace Lau. She won the bronze medal in the women's kata event. Grace Lau is a Hong Kong karateka. She also became the first Hong Kong athlete to win an Olympic medal in karate. Grace Lau is my favourite Olympian because I like Karate. Karate is fun to watch. I hope I can learn it in the future.

