

# English School Sports Newsflash

英 语 校 运 快 报 — — K 二 2 英 语 研 学 小 组

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小组成员: K 二 2 朱嘉乐、魏炫斌、李欣沂、白梦嘉、张祥安、李诗瑶、林鸿溢、陈志权、林凯航

联系邮箱: [2908423035@qq.com](mailto:2908423035@qq.com)

官网: [en-k2.onrender.com](http://en-k2.onrender.com)

## Student Athlete Reflects on School Sports Meet: "We Tried Our Best!"

Written by Zhang Xiangnan from Class K2-2

Location: School Playground

In the bustling aftermath of the school's annual sports meet, we caught up with Luo Yuhao, a student from Class K2-2, who competed in both the 4x400m and 4x100m relay races. Standing on the vibrant green court, surrounded by classmates under red and orange tents, Luo offered candid reflections on his team's performance.

### On the Opening Ceremony Performance:

When asked to evaluate the class's opening ceremony performance, Luo was honest but positive.

> Luo Yuhao: "I think it was mainly a bit rushed... But everyone worked very hard. The final result might not be entirely satisfactory, but that's okay. We did our best."

His classmate, standing nearby, echoed this sentiment, adding: > Zhang: "Although the performance was very awkward and rushed... the most important thing is that we earned the recognition of our principal and the judges."

### On His Personal Performance in the 4x400m:

Moving on to his own athletic effort, Luo assessed his run in the 4x400m relay.

> Zhang: "I think for the 4x400m, I myself performed... well, I ran my hardest. But the results still weren't good enough. So, I guess I just need to calm down and improve more."

He ended his thought with a wry smile, joking, "Actually, for the 4x400m, being cool enough is fine."

### On the Lack of Awards:

Finally, we asked Luo what he thought students who didn't win awards should do.

> Zhang: "I think maybe most of us didn't win because we weren't in peak condition, or perhaps due to some injuries. It's a bit regrettable... but it's okay. There will be other chances in the future."

With a determined look, Luo concluded his interview, embodying the spirit of perseverance that defines true sportsmanship.

**Note:** All quotes are direct translations from the Chinese subtitles provided in the video. The interviewee, Luo Yuhao, demonstrated humility, self-awareness, and a positive outlook despite the team's lack of trophies, highlighting the value of participation and personal growth over mere victory.

## Double Silver Medalist Lu Zhisheng: "Enjoy the Journey : Hard Work Pays Off"

Written by Zhang Xiangnan from Class K2-2

Location: School Playground

Amid the vibrant energy of the school sports meet, we sat down with one of its standout athletes: Lu Zhisheng. A double silver medalist in the 800m and 1500m races, Lu also took part in the "100-Meter Scroll" art activity and the 4x400m relay. Wearing her medals proudly, she shared her reflections on the event with warmth, humor, and quiet confidence.

### On the Most Exciting Moment:

When asked which part of the meet stood out the most, Lu Zhisheng didn't hesitate.

> Lu Zhisheng: "I'd say it was definitely the 4x400m relay. The race was intense, and the crowd was incredibly enthusiastic—cheering so loudly! Especially toward the end, when everyone jumped to their feet... it looked like a zombie apocalypse! That's when you get all those hilarious photos—it really added some fun to the whole experience."

### On Trying Something New: The "100-Meter Scroll"

Beyond the track, Lu also participated in a non-competitive creative event—the "100-Meter Scroll Planning Activity"—a first for her.

> Lu Zhisheng: "I'd never done anything like this before, so it was really challenging. I just had to rely on whatever experience I had and give it a shot. Honestly, for something like the 100-meter scroll, what matters most is taking part."

### On Her Personal Achievement

Our conversation turned to the two silver medals gleaming around her neck. With a proud yet humble smile, she reflected on her progress.

> Lu Zhisheng: "These are two big, shiny silver medals right here on my chest. I'm really proud—I can sincerely congratulate myself for winning two silver medals at this year's sports meet... and for beating last year's version of me, who only managed fourth place in both events."

### A Message to Fellow Students

As our interview wrapped up, Lu offered a simple but powerful piece of advice to her peers.

> Lu Zhisheng: "Just keep pushing forward. Hard work always pays off."

**Note:** Lu Zhisheng's performance exemplifies more than athletic excellence—it reflects resilience, a willingness to embrace new challenges, and the quiet joy of personal growth. Her journey from fourth place to double silver reminds us that true victory often lies not in the medal itself, but in the courage to keep trying.



Lu Zhisheng & Luo Yuhao



Painted by Lu Zhisheng from Class K2-2

## A Long Jump to Remember

Written by Zhu Jiale from Class K2-2

"Thump, thump, thump" —whose heartbeat was that, pounding so loudly amid the noise of the crowd? The long jump competition was in full swing. The athletes lined up one after another according to their numbers. He stood on tiptoe, watching the movements of the students before him, hand under his chin as if pondering what techniques he could learn and use. In the sandpit, dust rose into the air—rising with it was the passion of youth, the hunger for victory. Compared with the fierce time-based races, the field events carried a quieter, steadier kind of intensity.

The sweat beading on his forehead—was it from the blazing sun, or from the restless, competitive heart within him? As the line ahead grew shorter, he clenched his fists. That moment would soon arrive. When the student before him leapt and achieved an excellent result, a flicker of anxiety and disappointment flashed in his eyes—but almost instantly, it was replaced by determination and fighting spirit. His whole body radiated confidence and power.

He stepped onto his battlefield. Exhaling a deep breath, he raised his head and fixed his gaze forward. Then, with a beautiful form, he sprinted—like a bird taking flight, like an arrow released from a bowstring—soaring through the air. The techniques of his opponents flashed through his mind, and imitating their movements, he stretched out his legs and landed—perfectly.

As he stood up from the sand, the clear mark of his jump cheered him on. His classmates' shouts and applause surrounded him. Embarrassed, he scratched his head, his ears flushed red, but his eyes were filled with confidence and pride—as if even the light itself favored him. The clapping of his classmates was the best praise of all.

To all athletes: overcome the nervousness in your hearts and turn it into passion and courage. You embody the spirit of "civilized mind and strong body." Do your best, hold your ambitions close—and your efforts will be rewarded.

## "An Arrow Through the Wind, Running Beyond Mountains and Seas"

Written by Li Xinyi from Class K2-2

The red track stretches out beneath your feet. At the sound of the starting gun, you shoot forward like an arrow released from its bow, slicing through the air. The wind roars past your ears—that is the cheer urging you on. The crowd erupts in waves of applause—that is the thrill of their anticipation. Every stride you take gathers strength, every swing of your arms drives you closer to the finish line.

Do not fear strong opponents, nor be distracted by the noise around you—for this moment, the track belongs only to you. The ache in your muscles is your medal, the quickened breath your battle song. And when you break through the finish line, no matter the result, the sight of you running with all your might has already become the brightest light on the field.



Painted by Su Sirui from Class K2-2

Note: If you have any questions, please go to the official website ([en-k2.onrender.com](http://en-k2.onrender.com)) to submit your feedback in the questionnaire.

## Hooves of Frost Across a Thousand Miles, Wings of a Phoenix Through the Ninth Heaven

—The grand occasion of Tang Zhenqiang, Triple Jump Athlete of Class 1, Grade Senior Two

On the vibrant autumn field, the grass swayed gently, and golden sand drifted through the air.

In front of the triple jump runway, the crowds of classmates gathered thickly and closely, the cheers and shouting rising and falling waves after waves.

He stepped forward confidently with no concern. The slight scratch on his ankle was obviously nothing to him. That streak of the touching crimson foreshadowed the dawn of victory, a mark soon to cast a medal of honor.

Around the field, more and more classmates gathered, watching and witnessing, their voices swelling louder and louder with excitement and encouragement.

With a few agile warm-up jumps, he was already getting ready and eager to strike. The surrounding atmosphere suddenly fell into silence, and everyone held their breath, eyes fixed on him in front of the runway.

Before anyone could react, he had already exploded down the sandpit in front of him like lightning, his gaze filled only with determination and focus.

Three years sharpening a single blade — now it was time for it to cut through frost!  
A rhythm like galloping hooves resounded across the track:  
three firm takeoffs struck the board like thunder, and then—a leap into the air!  
A perfect arc traced through the sky, followed by a burst of sand and sunlight.  
As the dust settled, the crowd erupted in astonished cheers.  
"One stride through the sky — what a leap beyond heaven and sea!"  
His classmates swarmed around him, showering him with praise and care.  
That day's grand glory also forever captured in verse, which goes:

"From the Valley of the Sun rises purple mist,  
His spirit stirs the drifting clouds,  
His mighty bow shoots through the rainbow long."  
Written by Wu Xiaodong from K2-1