

## **GAMES AND SPORTS**

### **ATHLETICS**

#### **Std 4**

#### **Vocabulary**

Field events

Competition

Tack events

Sprints

Athlete

Long distance

Compete

Starter

Steeplechase

Hurdles

High jump

Coach

Baton

Relay

Race

Olympics

Teacher Beatrice

## **Sentence pattern**

### **Comparatives of adverbs with er +than**

He ran faster than Jane.

She looks smarter than the boy.

### **Very with but**

The exercise was very difficult but we finished it.

### **Use of have to and had to**

Everyone has to finish the exercise to go for lunch.

## **Std 6 Page 75**

Practice	Marathon
Shot put	cross country
Javelin	Award
Judge	Trophy
Lane	Spectators
Triple jump	Track suits
Winner	Riots

## **Sentence pattern**

### **Use of whose as a relative pronoun**

The athlete whose leg got hurt finished a respectable third. The school whose athlete tripped and fell won most of the field events.

### **Use of conditional sentences involving impossible conditions**

If we had practised enough, we would win the race.

If we had not gone to school late, the teacher would not punish us.

## Sample composition

### Inter-school athletics competition

Last year, during first term, we went for an inter-school athletics competition.

It was held at Kimorori primary school. The **competing schools** included: Kagaa, Githanji, Thangira and Athara.

The day began with a very colourful parade. **Athletes** and their **coaches** marched round the **track**. They were all in **tracksuits** of their school colours.

The **spectators** cheered them wildly. There were both **track events** and **field events**. Track events included 100m race, 4X100m relay. The **long races** were 10,000m race, 5000m race and **steeplechase**.

The field events included: long jump, high jump, triple jump, discus, javelin and shot put.

Each team gathered at a certain corner of the field.

The first event was 100m hurdles. The **starter** warned them sternly about the false start. They had to be very careful for one not to be disqualified.

It was quite thrilling to see Tom, a boy from Kimorori, leading the **race**. He was very swift. He finished first by far.

The next event was 800m race. I was cock sure that our athletes would win.

The participants had **practised** quite hard. We could not help cheering wildly when we saw the three girls from our school leading. We went round the **track** singing cheerfully.

The judges had **stopwatches**. So they recorded the time every leading athlete consumed. As the long **races** began, I did not have much interest. I decided to have a look at the **field events** which had also begun.

It was exciting when I found most of our teams doing well. A girl by the name Tabby was leading in shot put. Kamau, one of the strongest boys in our school jumped highest in high jump.

In Javelin we did not have very good participants. However, they had done some practice hence our school took position three.

At the moment, the long race 10,000m was almost coming to an end. The starter blew the whistle. Almost every spectator was at the finish line eager to see who would lead.

Githanji athletes took an early lead. They took position one and two. As usual, wild cheers rent the air.

Then there was one of the most exciting race. This was steeplechase. It was interesting to see athletes jump over hurdles and splashing water. The final and the most exciting race came. The athletes were to pass on batons to their teammates. They were also to stick in their lanes. As the race came to an end songs and dances rent the air.

We all gathered in the middle of the track. We were made to sit quietly by the coaches. The winners of every event were announced. They were given gifts by the Member of County Assembly of that area who had graced the competitions.

Our school had won in most of the events. So we had the highest points. Our games captain was given a trophy on behalf of the school. We all applauded cheerfully.

What an eventful day!

Teacher Beatrice