

Your school is holding a Sports and Fitness Day. Complete the following sections of the information poster below to promote the event and encourage students and their families to take part.

Grace Kwok Tin Wing



Annual Sports and Fitness Day

Saturday, 19th April 2017

A fun day that involves students, school staff members and parents

Why take part?

Work and study has occupied our schedule, leaving us little time to do exercise to relieve stress or stay healthy. This meaningful day provides us an opportunity to gain certain degree of satisfaction in twofold. Physically, we get the chance to do exercise and try out different kinds of sports. Mentally, we can do exercise with our friends and family members together and experience the positive feeling being triggered by the endorphins produced while exercising. It definitely is a day for us to have fun, stay healthy and relax ourselves.

Activities

To ensure that participants who have different interests can partake in the Sports and Fitness Day, there will be a wide variety of activities. Classic sports events like 4x100 relay, badminton, basketball and football games will surely

continue to be popular among participants. For those who are not very keen on cardio exercises, yoga, aerobic dance and stretching may be your choices. Levels ranging from beginners to advanced will be provided. This year, a fitness test is made available to all participants as well. A machine which can check the muscle and fat balance of your body is rented. Simply take off your shoes and stand on the machine, you will know how fit you are!

Unusual competitions and races

To celebrate the 5th anniversary of the Sports and Fitness Day, an obstacle race and cosplay race will be held. To join the obstacle race, you need a team of 3 people composed of a student, teacher and parent. In the race, there will be some old-fashioned games like 4-legged race, sack-hopping, egg-spoon race, etc. The fastest team that finishes all the obstacles and tasks in the 400m track will be the winner. As for the cosplay race, every participant needs to dress up as a character from any comic books, animations, cartoons, etc. Special prizes will be awarded to the best-dressed student, teacher and parent.