

# 家长的视角：看见孩子在运动会中的成长

今年学校的运动会，我第一次以家长的身份全程参与。以前总觉得运动会就是一些比赛项目的集合，但亲自坐在看台上，看着自己的孩子在跑道上奋力奔跑，那种心情完全不同于以往。那是一种紧张、激动、欣慰交织在一起的情绪，让我深刻体会到成长的意义。

孩子参加的是六十米短跑。在家里练习时，他常常因为跑不快而沮丧，但我知道，他其实不是为了拿第一，而是希望通过这次活动证明自己也能坚持、也能努力。比赛前，他站在起跑线上的背影在我看来格外瘦小，可当他抬起头看向终点的那一瞬间，我仿佛看到了一种坚定。

枪声响起，他冲了出去。速度谈不上特别快，但步伐很稳。作为家长，我的心几乎随着他的每一步跳动。我看到他咬着牙，没有放慢过哪怕一次，甚至在最后十米还试着加速。当他冲过终点线的那一刻，我突然觉得他比往常高大了许多。

最终，他没有进入前三，但当他跑回来和我击掌的那一刻，他脸上的笑容告诉我，他已经战胜了自己。我轻轻摸了摸他的头，对他说：“妈妈（爸爸）为你骄傲。”这样的时刻，是任何成绩都无法替代的。

运动会不仅是孩子的舞台，也是家长学习理解孩子的一次机会。我看到他在失败中保持乐观，在压力下找到勇气，也看到他对班级的责任感。回家的路上，他滔滔不绝地讲述自己在比赛中的想法，我听着听着，心里只有感动。

成长不在于结果，而在于孩子努力的样子。今年的运动会，让我真正看到了孩子身上隐藏的力量。

## From a Parent's View: Witnessing a Child's Growth in the Sports Day

This year, I attended the school sports day as a parent for the first time. I had always thought of it as just a series of competitions, but sitting in the stands and watching my child run on the track felt completely different. It was a mix of nervousness, excitement, and pride—emotions that helped me understand what growth truly looks like.

My child participated in the 60-meter sprint. At home, he often felt frustrated when he couldn't run fast enough, but I knew that he didn't simply want to win. He wanted to prove to himself that he could try, persevere, and improve. At the starting line, he looked small from a distance, but when he lifted his head toward the finish line, I saw determination.

When the race began, he rushed forward. His speed wasn't outstanding, but his rhythm was steady. With each step he took, my heart pounded along with him. He bit his lip, never slowed down, and even tried to sprint in the last ten meters. When he

crossed the finish line, he suddenly looked much taller in my eyes.

He didn' t place in the top three, but the moment he ran back and high-fived me, I knew he had already won—he had overcome himself. I gently touched his head and said, “I' m proud of you.” That moment was worth more than any medal.

The sports day is not only a stage for children; it' s also an opportunity for parents to understand them better. I witnessed his optimism in the face of setbacks, his courage under pressure, and his growing sense of responsibility toward his class. On the way home, he excitedly shared every detail about the race, and I listened, deeply moved.

Growth isn' t defined by results—it' s defined by effort. This year' s sports day helped me see the strength hidden inside my child.