

看见努力的力量：教师眼中的运动会瞬间

作为一名教师，每年的运动会都是我最期待的校园活动之一。不同于课堂上的学习表现，运动场上的孩子们往往会展现出完全不一样的一面。他们的专注、坚持、紧张与兴奋，都让人真切地感受到青春的力量与成长的痕迹。

今年的运动会让我印象最深的是接力赛项目。那天阳光正好，跑道温度却不低，但孩子们的精神状态非常饱满，每个人都在紧张地做准备。我站在赛道旁，看着他们一遍遍练习交接棒的动作，心里不免有些感慨。平时在课堂上，他们有时会因为小事分心，但此刻，他们的注意力前所未有地集中。这就是活动带来的教育意义——让孩子们在真实的场景中学会责任和团队意识。

比赛开始后，每一次交接棒都牵动着我的心。有一名平时比较内向的学生在跑第二棒，他起初显得很紧张，但当他接到队友的棒时，整个人像突然找到了节奏。他的步伐越来越稳，速度也逐渐加快。那一刻，我看到的是他平时没有机会展现的力量。最终，他们班级的成绩虽然不是第一，但每个孩子脸上都带着满足的笑容。

运动会不仅是体能的较量，更是心态与精神的训练场。在整个过程中，我看到了学生们面对压力时的勇气，面对失败时的坦然，以及面对团队时的责任感。作为老师，我比任何人都更清楚，这些能力比成绩本身更宝贵。

运动会结束后，我们在班级里进行了分享交流。孩子们讲述自己的紧张、激动与坚持，我则告诉他们，我为他们每个人感到骄傲。他们可能不会记住所有的比赛结果，但这些真实的感动瞬间，会陪伴他们很久。

Seeing the Power of Effort: A Teacher's Perspective on Sports Day

As a teacher, the annual sports day is one of the events I look forward to the most. Unlike the classroom, where academic performance often takes center stage, the sports field reveals another side of the students. Their concentration, perseverance, excitement, and nervousness all showcase the energy of youth and the traces of growth.

This year, the moment that touched me most was the relay race. The sun was bright, and the track was warm, but the students were full of energy. I watched them practice their baton passes again and again, each movement filled with seriousness. It reminded me how meaningful such activities are—they teach teamwork and responsibility in ways a classroom cannot fully replicate.

When the race officially began, every baton exchange made my heart jump. One quiet student ran the second leg. He looked nervous at first, but the moment he received the baton, something shifted. His steps became steadier, and his speed increased. It was a side of him I rarely saw. Although their class didn't win first

place, the smiles on their faces showed how proud they were.

The sports day is more than a physical contest; it is a training ground for mindset and spirit. I witnessed courage under pressure, calmness in the face of setbacks, and responsibility within the team. These qualities are far more important than rankings.

Later, during our class discussion, the students shared their feelings—nervousness, excitement, and perseverance. I told them how proud I was of every single one of them. They may forget the exact scores someday, but the moments that moved them will stay with them much longer.