

难忘的接力赛体验

每年的秋天，我们学校都会举行一年一度的运动会。操场上彩旗飘扬，学生们穿着整齐的运动服，个个兴奋不已。整个校园都充满了欢笑声和加油声，让人忍不住心情激动。作为三年级的一名学生，我最期待的项目就是接力赛了。接力赛不仅考验我们的速度，也考验团队之间的协作能力。

比赛开始前，我们班的同学们早早地聚集在赛道旁。大家既紧张又兴奋，不停地互相鼓励。轮到我时，我的心跳得特别快，手心里全是汗水。前面的同学飞快地跑过来，把接力棒稳稳地递给我，我接过棒的瞬间感到一种责任感油然而生。我必须全力奔跑，不能让我们的班级落后。

赛道上，我用力地向前冲刺，每一步都仿佛踩在心跳上。耳边是同学们的加油声：“加油！快一点！你能行！”这些声音像魔法一样给我力量，让我忘记疲劳，尽全力奔跑。转过弯时，我看到前面的同学也在拼命奔跑，我们的班级在追赶对手，每一个动作都决定胜负。

交接棒的瞬间是最紧张的。前一棒的同学冲到我身边，我必须稳稳地接住棒，同时保持速度。手心的汗水在瞬间让我紧张，但我成功了！接过棒的那一刻，仿佛整个班级的希望都落在了我的肩上。我拼尽全力冲向下一位队员，把棒稳稳递过去。整个过程虽然短暂，但却让我感觉像经历了一场漫长的战斗。

比赛结束后，我们班虽然没有拿到第一名，但大家脸上都洋溢着笑容。大家互相拥抱，庆祝努力的成果。虽然很累，但那种团结协作的快乐是其他事情无法比拟的。通过这次接力赛，我明白了团队合作的重要性，也体会到了坚持到底的乐趣。这次运动会，将会成为我小学生活中难以忘怀的一段记忆。

Unforgettable Relay Race Experience

Every autumn, our school holds its annual sports day. The playground is filled with fluttering colorful flags, and students dressed neatly in sports uniforms are all excited. The entire campus is full of laughter and cheering, making everyone feel thrilled. As a third grader, the event I look forward to most is the relay race. The relay race not only tests our speed but also the cooperation within the team.

Before the race began, our classmates gathered early by the track. Everyone was both nervous and excited, constantly encouraging each other. When it was my turn, my heart raced, and my palms were sweaty. The previous runner sped towards me and passed the baton steadily. The moment I held it, a sense of responsibility surged within me. I had to run with all my strength and not let our class fall behind.

On the track, I sprinted with all my might, each step seeming to follow the rhythm of my heartbeat. The cheers of my classmates rang in my ears: “Come on! Faster! You can do it!” These voices felt like magic, giving me strength, helping me forget fatigue, and push forward with all my effort. As I turned the corner, I saw

the runners ahead also running desperately. Our class was catching up, and every move counted toward victory.

The baton handoff was the most tense moment. The previous runner ran up to me, and I had to catch the baton steadily while maintaining my speed. The sweat in my hands made me nervous for a moment, but I succeeded! At that moment, it felt as if the hope of the whole class rested on my shoulders. I sprinted to the next teammate and passed the baton smoothly. Although the process was brief, it felt like a long battle.

After the race, although our class did not win first place, everyone had smiles on their faces. We hugged each other and celebrated our hard work. Although it was exhausting, the joy of teamwork and unity was incomparable. This relay race taught me the importance of teamwork and the joy of perseverance. This sports day will become an unforgettable memory in my elementary school life.