

趣味运动会的快乐时光

运动会不仅仅是为了正式比赛，许多好玩的趣味游戏也是让大家期待的部分。今年的运动会上，我们班参加了几项趣味游戏，每一个项目都充满了欢笑和挑战。

第一个游戏是拔河比赛。老师把绳子拉得笔直，我们班的同学们站成两排，手紧紧抓住绳子。随着一声哨响，我们齐声用力拉，大家的脸都红了，手心都出了汗。同学们在旁边大声喊着“加油！加油！”，整个操场充满了呐喊声和欢笑声。尽管有些队员用力过猛摔了一跤，但大家都互相扶起，笑着继续比赛。

接着是袋鼠跳比赛。每个同学都要站在布袋里，一跳一跳地向终点冲。刚开始我有点害怕，因为跳起来总是会摔倒，可是看到同学们一个个笑得很开心，我也鼓起勇气加入。跳的过程中，我的脚被袋子绊了一下，但周围的同学们大声喊着“加油，你一定行！”我咬着牙，忍住笑，终于跳到了终点。那一刻，大家都拍手鼓掌，欢呼声响彻操场。

最后一个游戏是滚轮胎比赛。每个小组推着大轮胎向前滚，比赛谁先到达终点。轮胎很重，推的时候总是容易歪掉。我们小组的人一起努力，互相提醒方向和速度。每当轮胎快要翻倒时，我们就齐声喊“稳住！稳住！”终于，轮胎滚到了终点，我们跳起来欢呼，抱在一起庆祝。

通过这些趣味游戏，我不仅锻炼了身体，还和同学们的友谊更加深厚了。大家在比赛中互相鼓励，笑声不断，让整个运动会变得格外难忘。每当回想起那一天的欢笑，我都会感到无比开心。趣味游戏让运动会不仅有竞争，也充满了欢乐和温暖，成为我们小学生活中最美好的回忆之一。

The Joyful Moments of the Fun Sports Day

The sports day is not just about formal competitions; there are also many fun games that everyone looks forward to. This year, our class participated in several fun games, and each activity was full of laughter and challenges.

The first game was the tug-of-war. The teacher held the rope straight, and our classmates stood in two rows, gripping the rope tightly. When the whistle blew, we pulled together with all our strength. Our faces turned red, and our palms were sweaty. Our classmates cheered loudly, shouting “Come on! Come on!” The entire playground was filled with shouts and laughter. Some players fell because they pulled too hard, but everyone helped each other up and continued the game with smiles.

Next was the sack race. Each student had to stand in a sack and hop toward the finish line. At first, I was a little scared because I kept falling, but seeing my

classmates having so much fun gave me courage to join. During the race, my foot got caught in the sack, but my classmates shouted, “You can do it!” I gritted my teeth, held back my laughter, and finally reached the finish line. Everyone clapped and cheered, and the sound of joy filled the playground.

The last game was the tire rolling race. Each group pushed a large tire forward, racing to see who would reach the finish line first. The tire was heavy and often tilted while rolling. Our group worked together, reminding each other about direction and speed. Whenever the tire was about to tip over, we shouted in unison, “Hold steady! Hold steady!” Finally, the tire rolled to the finish line, and we jumped up and hugged each other in celebration.

Through these fun games, I not only exercised but also strengthened my friendship with classmates. Everyone encouraged each other, and the playground was full of laughter, making the sports day unforgettable. Fun games made the sports day not just competitive but also joyful and heartwarming, becoming one of the happiest memories of our primary school life.

欢笑中的趣味运动会

每年的运动会，除了紧张的正式比赛，趣味游戏总是让人最期待。趣味游戏不仅可以让我们放松，还能增进同学之间的友谊。今年的运动会上，我参加了拔河、袋鼠跳和滚轮胎三个有趣的项目。

拔河是最让人兴奋的项目。我们班的同学们站在绳子的两端，握紧绳子，脚踏实地。老师一声哨响，我们拼尽全力向后拉。绳子在中间微微颤动，我们的脸上全是努力的表情。旁边的同学们大声喊着：“加油！加油！”每一声呐喊都像是一股力量，让我们坚持下去。虽然有人被拉倒在地，但大家迅速爬起来，继续努力，笑声和鼓励声此起彼伏。

袋鼠跳比赛也充满了乐趣。每个人都要跳着前进，有的同学跳得很快，有的同学老是摔倒，但每次摔倒后大家都笑着互相鼓励。我起初有些紧张，跳得不稳，可是同学们大声喊着“加油，你能行！”让我心里暖暖的。跳到终点的时候，我感到无比开心，也感受到了集体的力量。

滚轮胎比赛更是让人激动。大轮胎比我们想象中还重，推的时候需要全班同学齐心协力。轮胎在操场上滚动，每当它摇晃时，我们就齐声喊“稳住！稳住！”终于，轮胎稳稳地滚到了终点。我们相互拥抱，脸上洋溢着笑容。

通过这些趣味游戏，我不仅体验了运动的快乐，还体会到合作与友谊的重要性。欢笑声、加

油声充满了整个操场，让运动会变得更加欢乐和难忘。趣味游戏让我们学会了互相帮助，也让每一个参与的人都留下了美好的回忆。

Fun Sports Day Filled with Laughter

Every year during the sports day, besides the intense formal competitions, the fun games are what everyone looks forward to the most. Fun games not only help us relax but also strengthen friendships among classmates. This year, I participated in three fun events: tug-of-war, sack race, and tire rolling.

Tug-of-war is the most exciting event. Our classmates stood at both ends of the rope, gripping it tightly and planting our feet firmly. When the teacher blew the whistle, we pulled with all our strength. The rope trembled slightly in the middle, and our faces showed pure effort. Our classmates cheered loudly, “Come on! Come on!” Every cheer felt like a wave of power that helped us keep going. Even though some of us fell, everyone quickly got up and continued, with laughter and encouragement filling the air.

The sack race was full of fun too. Everyone had to hop forward, some hopping quickly, others falling repeatedly. But after each fall, everyone laughed and encouraged each other. At first, I was nervous and unstable, but my classmates shouted, “You can do it!” which warmed my heart. Reaching the finish line felt wonderful, and I truly felt the power of teamwork.

The tire rolling race was even more thrilling. The big tire was heavier than expected, and pushing it required our entire class to work together. As the tire rolled across the playground, whenever it wobbled, we shouted in unison, “Steady! Steady!” Finally, the tire reached the finish line safely. We hugged each other, smiling from ear to ear.

Through these fun games, I not only enjoyed the joy of sports but also experienced the importance of cooperation and friendship. Laughter and cheers filled the playground, making the sports day happier and more memorable. Fun games taught us to help each other and left everyone with wonderful memories.

运动会趣味游戏的快乐回忆

运动会是我们每年最期待的活动之一。不仅有紧张刺激的正式比赛，还有趣味游戏让人兴奋。今年的趣味游戏包括拔河、袋鼠跳和滚轮胎，每一个项目都充满了欢声笑语。

拔河比赛开始前，我们班的同学们摩拳擦掌，紧张又兴奋。老师吹响哨子，我们用力拉绳子，脚踩在地上使劲用力。绳子在空中微微晃动，大家的脸都涨红了，手心出汗。场外的同学们大声喊着“加油！加油！”这种声音让我们充满力量，越拉越有劲。虽然有人摔倒，但大家都伸出手扶起他，笑声不断。

袋鼠跳比赛也很有趣。每个人都站在袋子里，跳着前进。有的同学跳得特别快，有的老是摔倒。每次摔倒后，我们都会互相鼓励：“没关系，再试一次！”我一开始跳得不稳，但在同学们的鼓励下，我终于顺利跳到终点。大家都为彼此鼓掌，整个操场都充满了笑声。

滚轮胎比赛是最后一个项目。轮胎比我想象的重，需要大家齐心协力才能推。每次轮胎快要翻倒时，我们都喊“稳住！稳住！”大家配合默契，终于轮胎顺利到达终点。我们拥抱庆祝，开心得笑出声。

通过这些趣味游戏，我不仅锻炼了身体，也收获了满满的欢乐和友谊。大家互相加油、互相帮助，让运动会不仅有比赛的紧张，也有温暖和快乐。这些经历会成为我小学生活中最美好的回忆，每次想起都忍不住微笑。

Happy Memories of Fun Games on Sports Day

Sports day is one of the events we look forward to the most every year. Besides the exciting formal competitions, fun games make everyone thrilled. This year's fun games included tug-of-war, sack race, and tire rolling, each filled with laughter and joy.

Before the tug-of-war began, our classmates were both nervous and excited. When the teacher blew the whistle, we pulled the rope with all our strength, planting our feet firmly. The rope swayed slightly in the air, our faces turning red, and our palms sweaty. Classmates on the sidelines shouted, "Come on! Come on!" Their voices gave us strength, and we pulled harder and harder. Even if someone fell, everyone helped them up, and laughter continued.

The sack race was also very fun. Each person stood in a sack, hopping forward. Some classmates hopped very fast, others kept falling. Every time someone fell, we

encouraged each other, saying, “It’s okay, try again!” At first, I wasn’t steady, but with my classmates’ encouragement, I finally reached the finish line. Everyone clapped for each other, and the playground was filled with laughter.

The tire rolling race was the last event. The tire was heavier than I imagined and required everyone to work together. Whenever the tire was about to tip over, we shouted, “Steady! Steady!” Everyone coordinated well, and finally, the tire reached the finish line safely. We hugged and celebrated, laughing out loud.

Through these fun games, I not only exercised but also gained joy and friendship. Everyone cheered and helped each other, making the sports day not just competitive but warm and happy. These experiences will become some of the best memories of my primary school life, making me smile whenever I think of them.

难忘的趣味运动会

运动会不仅有正式的比赛项目，还有各种趣味游戏。今年的运动会上，我体验到了拔河、袋鼠跳和滚轮胎三个有趣的项目，每一个都让我印象深刻。

拔河比赛最能体现团队精神。我们班站在绳子两端，大家用尽全力向后拉。场上的同学们齐心协力，旁边的同学大声加油。绳子在我们手中来回颤动，每个人都咬紧牙关，坚持到底。有人不小心滑倒，但很快就有人伸手扶起他，大家相视而笑，那种团结的感觉让我难以忘怀。

袋鼠跳比赛充满了趣味和挑战。每个同学都站进大布袋里，双手抓住袋口，开始跳向终点。跳的过程中，我的腿累得酸痛，但周围的同学不停地喊“加油！坚持住！”让我坚持了下来。当我终于跳到终点时，大家都欢呼着迎接我，笑声充满了整个操场。

滚轮胎比赛则考验了大家的合作能力。轮胎很重，推的时候必须全班同学一起努力。轮胎在地上滚动，有时摇晃得厉害，我们齐声喊“稳住！稳住！”大家互相协调，终于轮胎安全到达终点。成功的瞬间，大家跳起来拥抱庆祝，欢笑声久久不散。

通过这些趣味游戏，我不仅锻炼了身体，也体验到了友谊和团队合作的重要性。运动会的欢乐不仅来自比赛的胜负，更来自我们在游戏中互相鼓励、互相帮助的瞬间。这些快乐和回忆将一直留在我的心里，让我难以忘怀。

Unforgettable Fun Sports Day

Sports day is not just about formal competitions; there are also various fun games. This year, I experienced three fun events: tug-of-war, sack race, and tire rolling, each leaving a deep impression on me.

Tug-of-war best demonstrated team spirit. Our class stood at both ends of the rope, pulling with all our strength. Classmates on the field worked together, while those on the sidelines cheered loudly. The rope swayed back and forth in our hands, and everyone gritted their teeth, determined to hold on. When someone accidentally slipped, others quickly helped them up, and we laughed together. That feeling of unity was unforgettable.

The sack race was full of fun and challenge. Each student stood in a large sack, holding the top, and hopped toward the finish line. My legs got sore, but my classmates kept shouting, “Come on! Keep going!” which gave me the strength to continue. When I finally reached the finish line, everyone cheered and welcomed me, filling the playground with laughter.

The tire rolling race tested our teamwork. The tire was heavy, and everyone had to push together. As the tire rolled, it sometimes wobbled violently, and we shouted in unison, “Steady! Steady!” Coordinating with each other, we finally rolled the tire safely to the finish line. In that moment of success, we jumped and hugged, the laughter lasting for a long time.

Through these fun games, I not only exercised but also experienced the importance of friendship and teamwork. The joy of sports day came not only from winning or losing but from the moments of mutual encouragement and help in the games. These happy memories will stay in my heart forever, making the sports day unforgettable.