



Hennessy Road Government Primary School (Causeway Bay)
2025-2026 2nd Term Writing (1)

3R (16) Pong Lok Yiu

Barry's weight loss plan

One day, Barry eats snacks while he watches football on TV. He decides to join the school football team this year.

On Monday, Barry has a PE lesson. The teacher asks all students to take a running test. Barry cannot run fast. He is the slowest pupil in the class.

Afterwards, Barry asks his friend Jacky for advice. "How can I get strong and fit?" he asks. Jacky replies, "Two years ago, I was weak and thin. Now I am healthy because I keep doing exercise every day."

Barry starts to work out daily. Gradually, he gets fit and strong. Finally, he joins the school football team successfully.