



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

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Barry, you can do it!

Barry is a chubby boy. He likes eating potato chips and watching TV on the sofa. While watching a football match on TV, he decides he wants to join the school football team.

On Monday, Barry has a Physical Education lesson. He is running with his classmates. He runs as slowly as a turtle. ‘Oh..... I run really slowly so I can’t join the football team this year,’ says Barry.

At recess, Jacky comforts Barry. ‘Two years ago, I was weak and thin. Now I am fit and strong because I do a lot of exercise,’ says Jacky. Jacky also gives some chocolate to Barry because he wants Barry to exercise. If he is tired, then he can eat the chocolate.

In the end, Barry goes swimming and running every day. When he is tired, he eats the chocolate. Ten months later, Barry becomes strong and fit. On Monday, Barry has a Physical Education lesson. He runs with his classmates and runs as fast as a cheetah. At recess, Barry says, ‘Thank you, Jacky!’