



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

3H (7) Ho Pak Lun

Barry's Lesson

Barry loves to watch football competitions and eating snacks. One day, he thinks, 'Wow! The people on television are so cool! I am going to join the school football team.'

On Monday, Barry joins the football team with his classmates. Their teacher makes them run laps. Barry runs much slower than Jacky and his classmates. He says, 'I can't keep up with them!' I can't join the school football team!' After the football team practice, Jacky and Barry go to the park to chat together. Barry says, 'I am fat and I can't run fast. I am useless!' Jacky encourages Barry, 'It is okay, Barry. Two years ago I was weak and thin. So, I did exercises like basketball, swimming and running. I am fit and strong now!'

From that day on, Barry does a lot of exercise every week. He is strong and fit and even runs faster than Jacky now. Barry says, 'Thank you, Jacky!' Barry learns that he has to be hard-working and can't be lazy.