

# Shi Wan NET Post

APRIL 2025

HHCKLA BUDDHIST CHAN SHI WAN PRIMARY SCHOOL

By: Miss Elaine, Miss Ariel, Miss Tugce and Mr. Mike

## SPORTS





# SPORTS EQUIPMENT

Equipment means the tools or things that you need to play sports.



**Miss Elaine**

Many sports need equipment to **hit, shoot or throw** such as:



Some sports need equipment to **shoot into** or **hit something** over:



Many sports need equipment to **hold, swing or hit** with:



## HONG KONG ATHLETES

An athlete is someone who plays sports.

**Miss Ariel**



**Lee Lai Shan**

She won **Hong Kong's first gold medal** in windsurfing in the 1996 Summer Olympics.



**Cheung Ka Long**

He has won **two gold Olympic medals** in the sport of fencing in 2020 and 2024.

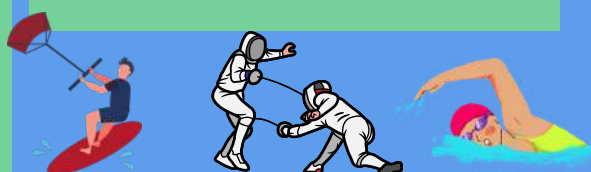
Fencing uses a special sword called a foil! You need to use your foil to touch your opponent! He started fencing when he was 10 years old.



**Siobhan Haughey**

She has **four Olympic medals** for Hong Kong. She won Hong Kong's **first swimming medal**. She has always loved the water, splashing in the pool since she was only six months old. She started swimming lessons when she was four years old!

Windsurfing is the sport of riding a sailboard on the water. It is very difficult and requires balance and strength. She started windsurfing when she was 12 years old! Can you believe that?



# Miss Tugce



## INDIVIDUAL SPORTS

Sports that you can do on your own! You can practice by yourself or play with a friend.

Running, cycling, tennis, golf, gymnastics and swimming are excellent individual sports to stay active and gain new skills.

They're a fantastic way to **clear your mind**, **build confidence**, and **challenge yourself at your own pace**. Plus, you get to shine solo while learning discipline and focus!



running



cycling



tennis



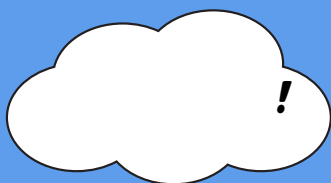
golf



gymnastics



swimming



My personal favourite is **swimming**, a sport I've loved since I was a kid. Swimming is a full-body workout that builds **strength**, improves **flexibility**, and is incredibly refreshing. It's the perfect mix of fun and fitness. I like to swim freestyle, and I enjoy racing with my friends. 😊

## TEAM SPORTS

Sports that you can do with others! You can play with one person or lots of people!



football



volleyball



basketball



rugby



cheerleading

Team sports allow us to be a part of a group. **Teamwork means working together to reach a goal.**

**Each person** has a **different job** to help the team succeed and win!

For example in football, the 'forwards' will score goals and the 'defenders' will try to stop the other team from scoring while the 'goalkeeper' will defend the goal with their hands! In cheerleading, the 'base' will hold and throw the 'flyers' when they are doing flips in the air! Everyone is important in their own way.

My favourite team sport is **rugby** as I believe that all players can be given different tasks. This helps the players to bond with each other and succeed.





# SPORTS

## Word Search

V	S	O	B	A	S	E	B	A	L	L	Q
G	O	L	F	A	D	U	A	C	O	A	S
S	O	L	U	M	D	G	S	B	T	S	W
C	Y	C	L	I	N	G	K	O	E	N	I
B	S	O	M	E	E	Y	E	L	N	E	M
H	O	C	K	E	Y	N	T	U	N	T	M
H	C	S	E	N	Y	B	B	N	I	B	I
U	C	T	E	N	D	I	A	A	S	O	N
T	E	J	N	O	S	T	L	L	O	A	G
F	R	U	G	B	Y	U	L	G	L	F	F
Y	F	D	D	T	S	L	T	G	P	S	D
S	F	O	O	T	B	A	L	L	O	H	T

JUDO

RUGBY

CYCLING

GOLF

FOOTBALL

SWIMMING

TENNIS

BASEBALL

VOLLEYBALL

SOCCER

HOCKEY

BASKETBALL

judo

golf

tennis

soccer

rugby

football

baseball

hockey

## QUESTIONS

1. What do we shoot a basketball into?



a h \_ \_ \_

2. What is Siobhan Haughey's sport?



s \_ \_ m \_ \_ \_ g

3. Running is an \_\_\_\_\_ sport.



i \_ \_ \_ v \_ \_ \_ u \_ l

4. Football is a \_\_\_\_\_ sport.



\_ e \_ m



cycling



swimming



volleyball



basketball