



HHCKLA BUDDHIST CHAN SHI WAN PRIMARY SCHOOL

# OUR FAVOURITE SPORTS & GAMES



SHI WAN NET POST  
FEBRUARY 2021 ISSUE

LUCK AND PROSPERITY TO YOU!

## HAPPY CHINESE NEW YEAR



# Miss Elaine



My favourite sport to play is volleyball. In secondary school, I was on the volleyball team. It is fun to be on a team because you can learn to work together and cheer for each other. In volleyball you must try to get the ball over the net. You cannot kick the ball with your feet. You must hit or pass the ball with your arms and hands! It is a very fast game so it is very tiring. There is a lot of running and jumping around. I also love to go hiking. In Hong Kong there are many beautiful mountains to hike. I like to go hiking with my friends and with my dog, Ruby. We love to take pictures of the beautiful views. When we go hiking, we should always bring a backpack, a water bottle and some sun cream to protect us from the sun.



My favourite sport to play and watch is tennis! I don't play much now but I used to play once a week with my best friend when I was in school. I wasn't the best player but I always had fun because I always tried my best I started to improve! Now I mostly watch tennis on TV. I like to watch and cheer for my favourite players. My favourite player is Andy Murray, he is a British player and everyone was so happy when he won a famous competition called Wimbledon. I also like to play a game called 'rounders'. It is very similar to baseball. When I was in primary school, everyone loved to play this game. We would play it in P.E. or after school. Sometimes when my friends and I are at the park we play together and it is lots of fun!

# Miss Alex





## Mr Adam

I like playing pool and table tennis with my friends and also playing silly games such as dressing up as Captain America and fighting my neighbours in the corridor! I enjoy playing games with students such as matching games to help memory and vocabulary. I also have fun taking part in escape room challenges sometimes, where a team of us has to use our detective skills to solve puzzles and escape!



## Miss Jennifer



I'm not a very sporty person physically but I do love watching and doing some sports and games like basketball, badminton, table tennis, hiking and running. I have always loved watching basketball since I was a kid because of my grandparents... they love watching basketball games on TV! And when I was in high school I'd always play it for fun whenever I got a chance to and I would always watch the NBA games especially the finals! My favourite teams were the Los Angeles Lakers and the Philadelphia Sixers. Kobe Bryant and Allen Iverson were my favourite players. But I remember the first sports that I enjoyed playing back in primary were badminton and dodgeball! I always got excited whenever we had them for our P.E. classes. Then when I became older that's when I started to go hiking and running sometimes. What I love about hiking is the beautiful scenery you can see especially once you're at the top already. It is definitely rewarding! I also enjoy the sport running as my exercise as I can see, explore and enjoy the surroundings as well as get some fresh air.



# Dr Ghosh



When I was a kid I was very active and always wanted to play outdoor games. My father was a passionate tennis player so he had always encouraged me to play lots of sports and games. During those days we used to play in groups so either we would have a race or play badminton or play kabaddi. We used to play everyday after coming back from school and the duration used to vary somewhere from 2 hours to 3 hours. So in between we used to get tired and take a break. During the breaktime everyday one of our neighbours will keep ready some snacks and drinks for us. Those days were really enjoyable and memorable. Sometimes after the break, if we were still tired, we used to climb some neighbours house walls and sit there together and gossip. I very much remember I was a naughty kid and I have explored lots of actions (after watching any action movie) at my home by breaking many of our home items. This was the reason why mother never allowed me to learn 'karate'. Cricket was one of my favourite sports but we have never played it as during those days it was meant only for the boys. Lawn tennis was also another favourite sport which I used to watch regularly in my childhood days. I played tennis only when I was residing in Tokyo and I could find plenty of tennis courts.

These days my favourite indoor game is chess. So whenever I want to take a break and relax from a prolonged work or teaching session I always play chess. It enhances my focus and concentration. So when I keep on winning I understand that my focus and aim are on track. But if I am in tension or unhappy I generally lose the game. I play bowling quite frequently as it keeps me active and it increases my focus. Whatsoever, playing games and sports are always very healthy. So wherever we are we must try to play some games or do some activities to develop our mental and physical health.



## QUIZ:



Name the famous people!



- a. Viswanathan Anand
- and Gary Kasparov
- b. Bruce Lee
- c. Kobe Bryant
- d. Steffi Graf
- e. Lionel Messi

Answers: