

范文：一次体育课APELesson PDF转换可能丢失图片或格式，  
建议阅读原文

[https://www.100test.com/kao\\_ti2020/155/2021\\_2022\\_\\_E8\\_8C\\_83\\_E6\\_96\\_87\\_EF\\_BC\\_9A\\_E4\\_c64\\_155378.htm](https://www.100test.com/kao_ti2020/155/2021_2022__E8_8C_83_E6_96_87_EF_BC_9A_E4_c64_155378.htm) 下面是某节体育课的

有关情况，请你据此写一篇日记。 1. 时间：5月28日，星期一，下午。 2. 天气：阴。 3. 项目：跳远（jump）。 4. 过程：（1）打上课铃时就在操场集合；来源

：www.examda.com （2）做准备活动（warmingupexercises）；（3）听老师讲解并示范；（4）我因心情紧张而失败；（5）不灰心，反复练习；（6）终于跳过了3米。 5. 体会：只要有恒心（perseverance）就一定能成功。 注意：1. 内容必须包括所有要点，但不能逐点翻译。 2. 日记格式要正确。 来源：www.examda.com 3. 词数100左右。 A PE Lesson May

28th Monday Cloudy This afternoon we had a PE lesson. Our teacher taught us to practise the long jump. When the bell rang , we gathered on the playground. After warming-up exercises , the teacher told us the way of long jump and showed us how to do it.

Then we followed the teacher and practised one after another. Soon came my turn , but I felt a bit nervous. Though I failed the first time , yet I didnt lose my heart. I kept on practising. At last I was able to jump over 3 meters. From this lesson I came to see that one will

succeed if he has perseverance. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)