

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_ti2020/96/2021_2022__E8_8C_83_E6_96_87_EF_BC_9A_E4_c64_96132.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