

# Cross Country

**WALT:** structure a recount



## Plan

Think about the event. What are the bits you need to talk about to help the reader understand what it was like?

Beginning Before the race	Middle During the race	End After the race

## Writing

Structure each paragraph so they lead onto the next

### Introduction: 3 sentences.

Have you ever had a cross country before? Well Last week on friday our whole school had our annual school cross country. Gathering on the hard courts we got into our girls and boys lines. It was a **LONG** wait, I couldn't handle it because it was so hot and sunny. I was so hot I had to get a drink five times.

### Body 1: (4-5 sentences).

#### Before the Race

READY, SET... GO! We sprinted off the race track and then the race started. I was so pumped and ready to roll. I had a lot of butterflies in My stomach and raced as fast as I could. I was so tired and so exhausted I **Really** wanted to stop.

### Body 2: 4-5 sentences.

#### During the race

I was so exhausted and so tired. I had a lot of stitches but I never stopped. I felt like Usain Bolt, running as fast as I could I finished at the finish line and I came 4th. I felt really proud of Myself but I think I could do better. I was really tired and when I going through the gate My aunty was there cheering me on.

### Body 3: 4-5 sentences.

#### After the Race

Finally we finished and I was huffing and puffing. Next thing you know Amelia comes out of nowhere and starts crying, It was because it was so hot and it was. I was really hot and muddy so then I went to the tap and washed off. I felt proud of myself and I am definitely ready for next year.

**Conclusion** 3-4 sentences.

What did you learn, what would you do differently next time.

I learnt that my nerves can make me go faster because I am not actually thinking about stopping I just have the energy to run. I think that next time I would jog in the first bit and then sprint later on so then I have more energy to run and maybe I could at least make it in the top 3.

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