



East Spring Secondary School
Power of Positive Energy (PPE)
Staff Presentation

Name of staff: **Mdm Fardyana Binte Abdul Aziz**

Department: **Physical Education Department** Position: **Subject Head (PE & CCA)** Date: **10 Mar 2014**

Cross-country, also called cross-country running, long-distance running over open country; unlike the longer marathon race, cross-country races usually are not run along roads or paths. Events were held during the fall or winter months, and many amateur athletes use the sport as a means of keeping fit and developing stamina. In the early 19th century it was called paper chasing, or hare and hounds—the “hares” started a few minutes before the others and left a trail of paper scraps to be followed by the “hounds.”

Now, the journey you experience tmr might resemble something like this.

The horn goes off! You start off pumped up, excited moving off amongst the first few in the group. You think to yourself, this is probably not going to be as bad as what you thought it would be. And then it looms. Getting bigger and taller as you run. That slope. You brace yourself as you take those steps up defying gravity which was all too determined to pull you back down. Your heart raced faster and faster, you start to pant heavily and you worry if your leg muscles could last through this ordeal. And just when you thought you were running in some slow motion action movie scene, you tell yourself that you must move on, and see what awaits you. In that moment, a great stunning view greets you. And you feel at the top of the world. But just for a minute. That was when the downslope greeted you and you could negotiate the course quickly but very very carefully and skillfully as you fully realise the dangers of free wheeling down the slope after working so hard upslope. Never mind that you see others running past you as you successfully conquer the hill.

One by one your friends overtake you and you wonder what superhero lungs they probably have. You remind yourself to run your own race. As you start gaining momentum on the relatively straight and flat path, you cant stop but get distracted by those who run past you. And as you glance over your shoulder you see more already making their u-turn to the finish line way ahead of you. Now where in the world is THAT finish line? You start to doubt yourself that you would be able to finish the race when a fellow classmate you overtake turns and says YOU CAN DO IT! FOR OUR CLASS! You regain spirit and energy from your friend and pressed on until you finally see the route marshall signalling to you to make a u-turn down towards the reservoir.

Ahh, you have seen this route before. Its just a straight route down before you are done! You continue strong, managing your own pace at moments when you get tired. You now are in the flow of the run ignoring the people who run past you who are your main distractors, knowing fully well that you will eventually finish the race. Everybody finishes. Just some sooner than others. Soon you realise you were running past and overtaking others who initially overtook you for they chose to stop running their race. You get motivated and you feel like your legs have a life of their own. You realise your body tells you to stop and tired but your mind tells you that you just wanted to finish that race for your class and most importantly for yourself. To tell yourself that you did it. Then finally, that Finish line. The one you were working towards but never knew when it was going to come. You try to make a final dash as much as your lead heavy legs could carry and as much air your lungs could consume. And then cheers and the jubilation came frm the crowd as you raised your hands up in the air as you cross the finishing line. Past caring if you were top or last. The position didn't matter. You finished.

Running is alot like your approach to life and your studies. You have a good plan and you move steadily but challenges and difficulties come to slow you down and you sometimes lose steam and momentum and feel like throwing in the towel. And All you got to do is to readjust your pace and slow down to find your momentum again steadily before your sprint to the final goal. Embrace the positive energy around you to keep you going and block out those distractors that slow you down. Let your mind tell your body what it should do. It IS going to take a whole lot of hard work and determination. It IS going to be Physically and MENTALLY demanding. But the Sense of accomplishment you get for finishing the race, YOUR race will be priceless. How are you running your race today?