

Grade 8 (Writing) 1st Term

Athletics

Athletics is an ancient sporting activity. It is a part of the modern Olympic Games. It includes many games. Sprinting is a nice game. It is running very fast over a short distance.

Athletes can practise jumping. There are many jumping activities, like high jump and long jump. I like throwing very much. The main throwing sports are discus, shot put and javelin. Throwing the javelin is my favourite sport.

The Olympic Games

The first Olympic Games began in 776 BC. It took place every 4 years. It stopped in 393 AD. Coubertin started The Olympic Games again in the 19th century. The Olympic Games has a flag. It has five rings. They represent the five continents.

An Olympiad is the four years period between the Olympic Games. There is a Winter Olympic Games now. The winter sports are like skiing and skating. I like watching the Olympic Games on TV.

Keeping fit

It is important to keep fit. Keeping fit helps you to study better. It is easy to keep fit. If you walk or play football, you will keep fit.

There are three types of exercise. Aerobic is like swimming. Stretching is like yoga. Resistance is like press ups. You should eat healthy food. You should play sports. You should sleep well. You shouldn't watch TV. for a long time.

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Pearl Diving

In the past Kuwait was famous for pearl diving. Pearls are small shiny balls. They are formed in oyster shell. They are very expensive. Pearl diving was a social system.

The pearl diver wears a skirt, a nose clip and a neck basket. There are diving festivals every year. People dance and sing in these festivals. Now, Kuwait is famous for oil.

Deserts

Deserts cover one third of the Earth's land surface. They are very dry places, but they aren't always sandy. They can be rocky or frozen. There are many deserts on the Earth's surface.

The largest desert is the Sahara Desert found in North Africa. The largest continuous stretch of sand is called the Empty Quarter which is part of the Arabian Desert.

The Blue mosque

The Blue mosque is in Turkey. It is very big. It is square. It was built by sultan Ahmed. It has six minarets. The minaret is a tall tower joined to the mosque.

It has blue tiles. It has a courtyard. It has 260 glass windows. Tourists like visiting The Blue Mosque. I'd like to go to Turkey to see The Blue Mosque.

Life in Space

All of us agree that life in the space is different from life on the Earth. Life in space is like camping in many things. Astronauts use special equipment. They have to dispose of rubbish. They have to take everything they need.

In fact, there is no gravity. Astronauts don't use forks and knife. They use a strap to fasten food. All their food is in tins or dried. They wear special LES suits. It's very suitable for them. It has parachutes, inflatable boats and oxygen. I think it's an interesting life.