

RUNNING RACES

A Story for Understanding

Nathan runs in many different races.

Some races are long, some races are short.

Sometimes there is a lot of people running in the race.

Some races are on a race track, some on the road, some are up and down hills or on the grass or on the shingle.

Running in races means people try to run as fast as they can to the finish line without stopping.

Running as fast as you can without stopping sometimes feels a little bit hard.

Running in longer races sometimes people will slow down when it feels a little bit hard.

Running in shorter races sometimes people run as fast as they can without stopping because they will only be running for a short time.

Nathan runs really fast when he runs in a running race.

Nathan takes nice big breaths when he is running fast.

Mum and dad are really proud of Nathan's running.

