

PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit, Amen

Our father in heaven, holy be your name

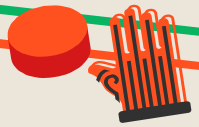
Your kingdom come, your will be done as in heaven

Give us today our daily bread,

forgive us our sins as we have forgive those who sin against us

Do not bring us to the test, but deliver us from evil.

Amen



My favourite sportsperson

My favourite sportsperson is not anyone famous in a certain kind of sports. He is one of my ex-classmate.





He is HUGO Wong Kwok Kwan. He plays ice-hockey, a sport that not many people in Hong Kong take part in.



He has been playing ice-hockey since Primary 6. He now plays for the team HONG KONG TYCOONS



There are a few reasons of him being my favourite sports person.



1st: His confidence

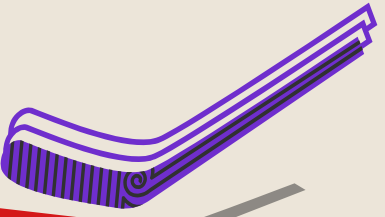
With his fragile build and having to play against bigger players, it takes lots of guts and confidence. He is fit and is able to maintain his strength and endurance throughout the season.





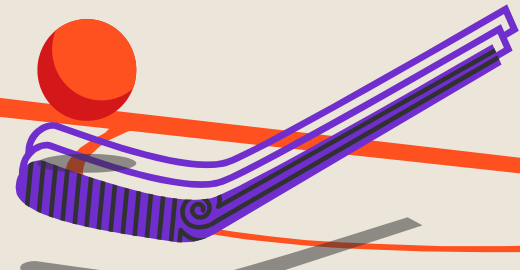
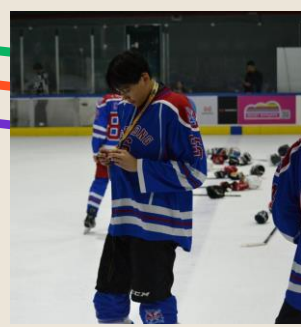
2nd: His love for the sport

His love for the sport overcomes his tiredness. He trains from 7 pm to about 10 pm three times a week. He sometimes has to travel to Discovery Bay for his practices. He is constantly looking for ways to improve his skills and are driven by his love of the game.



3rd : Determination and perseverance.

He is determined and never give up, even when faced with adversity. He is able to push through the challenges and setbacks and always strive to improve and reach his goals.



WORDS AND PHRASES TO KNOW

01

CONFIDENCE

信心

02

FRAGILE

脆弱

03

ENDURANCE

耐力

04

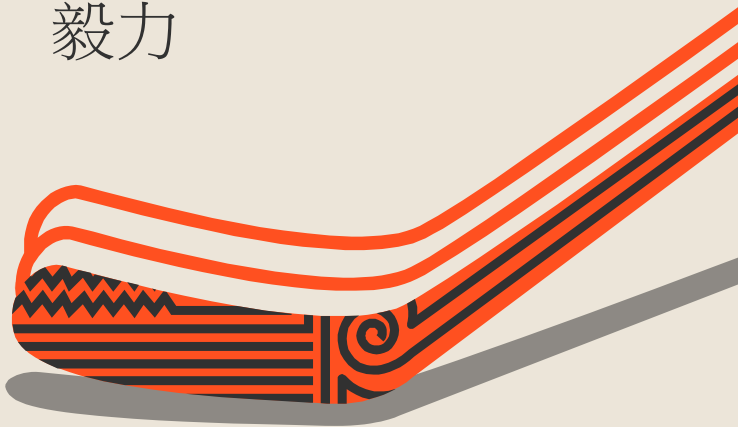
DETERMINATION

決心

05

PERSEVERANCE

毅力





THANK YOU

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