

Read the text.

## FOREST HIGH SCHOOL

### Annual Sports Day

This year we are planning a day of unusual sports to be held on **Tuesday, April 17.**

Decide which unusual sport event you want to take part in and tell your sports teacher.

Students must take part in at least one event.

#### Retro-running

Change your life – run backwards and see life in a different way!

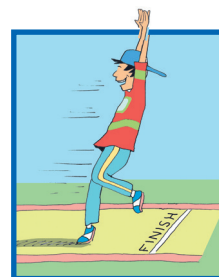
Take part in the first backward running competition in our school.

Are you able to finish the course of three kilometers?

The world record is under 12 minutes, set in Poviglio in Italy in 2004.

Can you beat it?

Come to the school stadium on Wednesday at 15:00 and practice.



#### Cup Stacking\*

Anyone can stack and unstack plastic cups – you probably do it every time you have a picnic.

Now you can become a school champion!

##### What do you have to do?

*Build a pyramid of plastic cups as fast as you can.*

##### Why should you do it?

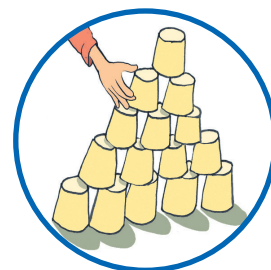
*It improves your co-ordination and athletic ability.*

##### What is the world record for 8th graders?

*Stacking 12 cups in 7.43 seconds.*

Practice your stacking abilities at the school gym on Monday at 15:30 before the competition.

Cups will be supplied.



#### Cellphone Throwing

Are you looking for some light exercise? Do you have a sense of humor?

Would you like to recycle old cellphones?

Come and take part in the Cellphone Throwing School Championship.

Throw that old cellphone away! You might win a medal!

Choose your own phone: by the color, size and weight, or by the way it sits in your hand.

Can you beat the records set in the World Championship in Finland this year?

(Men's record: 89 meters)      (Women's record: 52 meters)

Bring your favorite old cellphone and try your luck!



\* stacking      לשים בערימה / יקום