

## The Final Lap

Every Friday after school, Maya went to the athletics club. She enjoyed sprinting, but her real strength was in long-distance running. Her coach, Mrs Shaw, often said Maya had “the heart of a champion.”

One week, Mrs Shaw announced a school competition: a 1500-metre race open to all Year 5 and 6 pupils. Maya felt a flutter of nerves. She wanted to enter - but she'd never run that far before in front of a crowd.

On race day, the field buzzed with energy. Some children were bouncing on the spot; others paced nervously. Maya looked around and spotted Jasmine, the fastest girl in Year 6, warming up.

The race began with the blast of a whistle. Maya tried not to think about the crowd. She focused on her breathing, her rhythm, and the steady beat of her trainers on the track.

By the third lap, Maya was in second place. Her legs burned. Jasmine was still ahead, but she looked tired.

Maya remembered what Mrs Shaw had said: “The strongest runners finish well.” With all her remaining energy, Maya pushed forward.

She crossed the finish line half a second before Jasmine. The cheers were deafening.

After the race, Jasmine came over and smiled. “That was incredible,” she said. “You’ve got serious stamina.”

Maya beamed. She had done it - and learned that courage counts just as much as speed.

P.E. Reading Comprehension – Key Stage 2 – Year 5

1. What sport is Maya especially good at?
2. Who is Maya's coach?
3. What announcement does Mrs Shaw make?
4. Why does Maya feel nervous about the race?
5. Who is Jasmine?
6. What helps Maya stay focused during the race?
7. What does Maya notice about Jasmine by the third lap?
8. What advice does Maya remember from Mrs Shaw?
9. Who wins the race?
10. What important lesson does Maya learn?

## MARK SCHEME

1. Long-distance running
2. Mrs Shaw
3. A school 1500-metre race for Year 5 and 6 pupils
4. Because she had never run that far in front of a crowd
5. The fastest girl in Year 6
6. Focusing on her breathing, rhythm, and footsteps
7. That Jasmine looked tired
8. “The strongest runners finish well”
9. Maya
10. That courage is as important as speed