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The Physical Education Lesson



Cara had woken up late this morning. In her rush to catch the school bus, she had skipped her breakfast. She only had time to drink a glass of water.

However, Sandra took one look at the examination questions and started **shaking like a leaf**. Her heart was also **palpitating** fast and her palms were sweaty. She had failed her last Maths test and had to attend remedial classes twice weekly. Even though she had improved, her lack of confidence was **crippling** her.

She had almost given up when suddenly a thought came to her mind. She recalled Mrs Gabriel's words, "Remind yourself that you have prepared well for the examination and you are ready to do your best."

Mrs Gabriel had also advised her pupils to take deep breaths if they should go into a panic attack. Sandra started to inhale and exhale deeply. After taking in three or four deep breaths, her palpitations stopped and she calmed down.

Gradually, she was able to do the questions easily. After one and a half hours, the invigilator told them to stop writing and wait for their papers to be collected.

Sandra **heaved a sigh of relief** when she realised she had managed to complete her examination. It was also not as difficult as she had thought. Perhaps, she would be able to pass the examination after all.



Words to Learn

invigilator: a person who oversees an examination

shaking like a leaf: tremble with fear

palpitating: refers to one's heart beating fast.

crippling: to stop a person from doing something well.

heaved a sigh of relief: to feel happy because something bad has ended or did not happen.