

This week, I decided to **challenge** myself and do something I have never done before: run five **kilometers** without stopping. The first few minutes felt easy, but after that, my legs started to feel **heavy** and tired. Even so, I kept going by thinking about my favorite music and **constantly** telling myself that I could do it. At one point, I really wanted to **give up** and start walking, but then I saw the **finish line**—which was the big tree in the park—and I ran as fast as I could toward it. When I finally stopped, I was completely **out of breath**, but I felt like a **champion**. I had achieved my goal, and that **experience** taught me that I can do hard things if I truly try.

**Target vocabulary of the lesson:**

- challenge

Example: a difficult task that tests your abilities.

- kilometers

Example: a unit for measuring distance (1 kilometer = about 0.6 miles).

- heavy

Example: feeling weighty or difficult to move.

- constantly

Example: happening all the time without stopping.

- give up

Example: to stop trying because something is too hard.

- finish line

Example: the point that marks the end of a race or goal.

- experience

Example: something that happens to you that teaches you something.

- out of breath

Example: breathing hard after physical effort.

- champion

Example: someone who wins or does very well.

- achieve

Example: Example: to successfully reach a goal after trying hard.