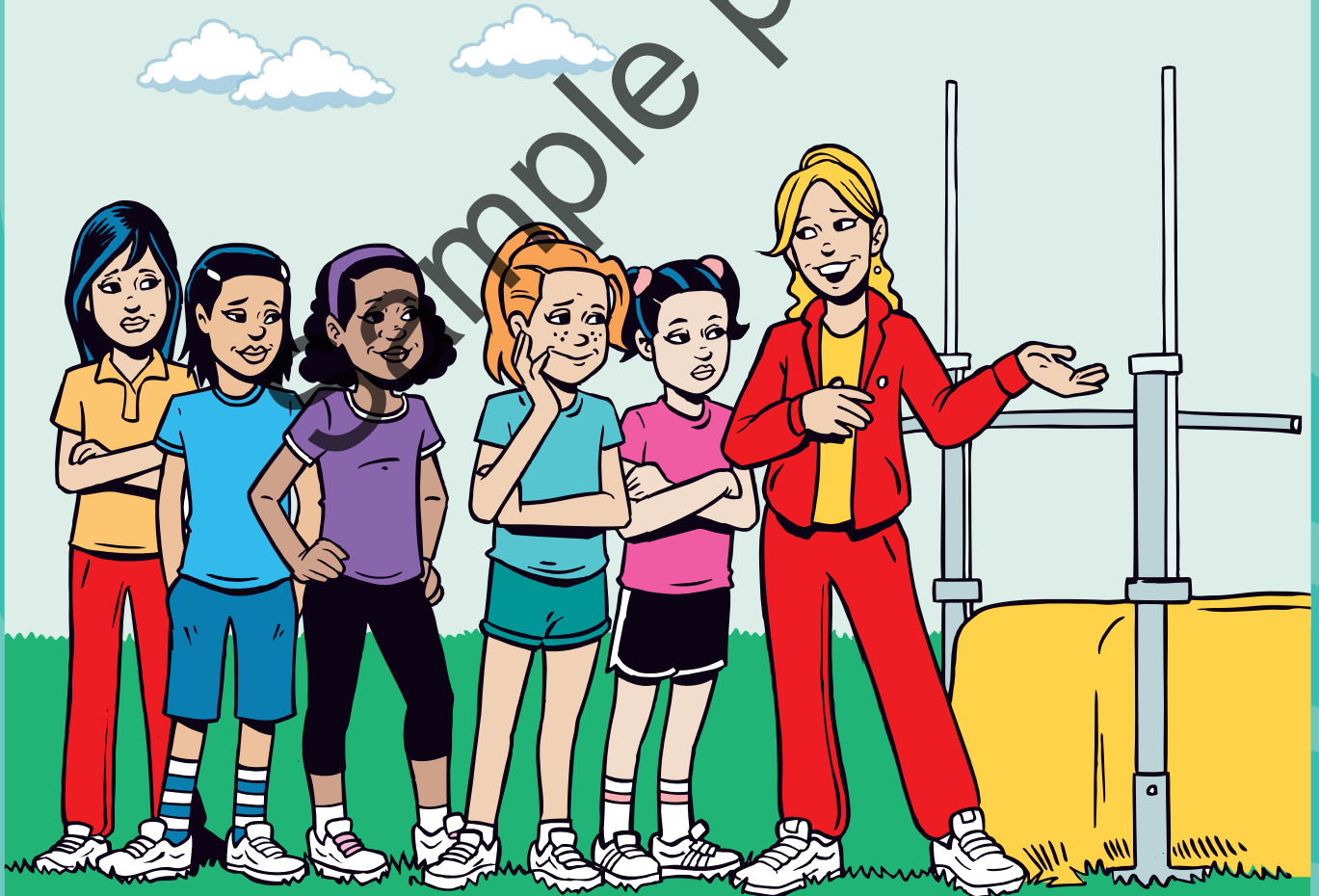


# The Message on the Magnet

by Julia Wall

I'm useless at high jump. Miss Dyer, our PE teacher, has the high jump equipment out most PE sessions. Athletics Day is coming up and she wants more of us to enter field events.

It's not that my run-up's bad, I've just got no timing. I zoom up to the jump and then I falter and I lose all my speed and end up whacking into the bar. Everyone tries not to laugh, including my best friend Amy, but I must look pretty dumb. Miss Dyer says I need to practise pacing out my run-up, and then high jump will become second nature. I know how to jump the bar: arms up, back arched, front leg extended. I just can't work out when!



“The best high jumpers,” Miss Dyer tells us, “are not necessarily the ones with the best technique. They’re the ones who are prepared to take risks and jump as high as they can, no matter what.”

I know what Miss Dyer means. My gran has a magnet on her fridge that says, “Every day, do something that scares you”. I asked her what that meant, and she said that when you overcome a fear and take a risk, you become a different and more interesting person.

I kept thinking about my gran’s magnet, which probably explains what happened next: I put my name down for high jump. It may turn out to be the stupidest thing I’ve ever done.

But I can’t waste time thinking about it, because it’s only three weeks till Athletics Day and I have to start practising.

