**1 Place of Comfort**

We start at home, then give a very general description of the oval where the rest of the story will take place. Brody is an athletic boy, who rides his bike to school and enjoys doing sports with his friends. (100)

(This sets the scene for the audience by introducing the setting and the main character)

**2 Wants**

Describe how Brody is **sad** that he can’t take race because he was away when the races were organised. (50)

(This part primarily adds depth to the main character and includes some emotional context. This is often the start of the character-building cycle, showing the character’s focus at the start of the story.)

**3 Discomfort**

During the races he was left behind. He had to just sit there with the primary kids and mums, feeling sad or embarrassed that he had to be around them. (50)

(This section again contains an emotional response, with extra description of what is making the character uncomfortable)

**4 Adaptation**

Despite a heavy heart, he cheered on the various racers as they went. He could help his team even without running. (50)

(This section contains part of the character-building arc, where they realise something else may be important, other than what they want)

**5 Receiving what he wants**

Suddenly, the captain runs over and tells him one of the boys his age has twisted his ankle and can’t run. Excited, he dashes over to join the race, preparing himself at the start line. Brody is enthusiastic and excited about racing, encouraged by all his teammates that he’ll do a great job. (100)

(There will be emotion in this section, almost always a “high” emotion like gratefulness or joy. Generally more of an action section.)

**6 Pay a price**

He runs really well and is coming first when he trips over flat ground. Burning with embarrassment he finishes the race last. The key point emphasised here is that he **kept going**, even though he felt like he wanted to stop. (100)

(The turning point in the character development arc, where the main character comes to some kind of revelation. This will often have a “low” emotion in direct contrast to the previous section.)

**7 Return to comfort**

The rest of the day he runs well, and overcomes the humiliation by getting 3rd, 2nd and even a team 1st in the relay for the day. His team overall won, and he went home happy. (100)

(At this stage the story is winding down. After a high/low spike of emotion, we seek to bring the reader back to the focus of the story)

**8 Change**

Falling over didn’t end up being that bad. His team still won even with that mistake – mistakes don’t make the world collapse. (50)

(This section may be written combined with the previous, often in dialogue or internal monologue form. It should allude to the trials the character has faced and how they overcame it – parts 3,4, and 6. This section should also contain your story’s **theme**.)

Setting: Sports Day oval/schoolyard.

Characters: Team Green (not actually a character. It’s a team. Brody’s team.)

Brody: The main man. He’s about 15, in Grade 10.

Clara: The vice-captain of Team Green. She’s in Grade 12.

Patrick: Brody’s age, another boy in Team Green.

Theme: Overcoming disappointment.

Brody’s Sports Day

Brody was thrilled as he pulled on his sport shoes. He jumped up and, grabbing his bag, drink bottle and hat before dashing out the door, leaped onto his bicycle and rapidly accelerated his way down the road to the oval. Finally, it was Sports Day! He’d been waiting for this all year. He laughed and whispered with his friends while the teachers introduced the day and went over all the rules and the timetable… he’d been to ten years of Sports Days; he didn’t need to hear this again. They went to do the athletics games: long jump, shot put, discus and more just flew by. He was having so much fun.

After all the athletics came the races. Brody’s heart plummeted as he thought, *I wasn’t there when they chose! I don’t get to run this year.* He put on a brave smile as his friends went off to the start line. He slumped down in the gazebos with all the Primary kids and the parents.

The gun went off for the first race. Brody just didn’t have the heart to watch how it started, but he cheered all the same as the runners came through. Then another race, this time the girls sprinting down the track. His team won this time, so he cheered a little louder. He could still enjoy the day, right? Even if he wasn’t running, it wasn’t that bad.

Suddenly he heard his name called out.

“Hey, Brody!”

The team vice-captain, Clara, was running up, panting a little and pointing over to where the start line was. Brody looked over and could see a lot of people crowded around a figure on the ground.

“Is everything ok? Who got hurt?”

Clara shook her head. “Patrick tripped over and twisted his ankle. We don’t think it’s broken, but it hurts too much for him to run in the race. Reckon you can take over for him?”

Brody’s eyes lit up and he jumped to his feet – this was his chance! He felt a little guilty for a moment that he was so excited at Patrick’s injury, but a quick silent apology covered that. “Sure thing Clara! Let’s go!”

He raced off toward the start line, leaving Clara, laughing at his enthusiasm, behind. Patrick was standing by the time he got there, limping over and giving him a pat on the back. “I know you’ll do great, mate. You’ll have to run for me the rest of the day. Just remember: you’re a Lean Mean Green Machine just like the rest of us!”

A quick fist-bump and Brody got onto the starting line. Nothing could go wrong now; he was in the zone! He was going to win!

The gunshot went off, and Brody launched from the start line, racing, feeling the wind in his hair. Halfway down the track, he still couldn’t see anyone in front of him. Then, suddenly, his foot caught on nothing, and down he went! Face-first into the ground. His cheeks burning with embarrassment, he leaped up and ran on again, sure he could hear laughter on the sidelines. As he ran past the team shelters, now firmly in last place, he could hear his teammates cheering his name. It was still humiliating. He’d fallen over in front of everyone!

Patrick came over, a huge grin on his face. “Well, you still did better than I would have. I know you’ve got it in you. Three more races; show those fools you’re the best one here!”

Encouragement was just what he needed. Steeling himself, he went back to the start line. There were still a few jokes about his tripping on thin air, but soon, he was seeing the funny side himself. The next race, he got third. Then second. Then, on the relay, he ran third, and Team Green took the victory!

Finally, the scores for the day came through, and he was sitting with his friends, still laughing about falling over on flat ground, when Team Green was announced as having won the whole day. Bringing the score sheet over, Clara showed him that by joining in the races, he’d really helped them secure first place in the competition.

That evening, Brody sat around the table, telling his parents all about it.

“There I was, way out in front, when suddenly the ground came up and attacked me! I was so humiliated I thought I’d just leave right there and ride home. But my friends told me I could prove myself better, so I did. Look, we got first place in the relay!” It was so easy to laugh about now. “I guess everyone can make a mistake. Just gotta get up and keep trying.”

785 Words