



# Focus on... Physical Education

#25

## On this day...

in 2008 at the French Open Men's Tennis, Rafael Nadal equalled Bjorn Borg's Open era record of four consecutive French titles. He outclassed Roger Federer 6-1, 6-3, 6-0.



## Did you know...

If you filled a matchbox with gold it could be flattened into a sheet the size of a tennis court.



## Go explore...

Bananas contain potassium, which is good for your heart, health and blood pressure and is vital for helping you to keep fit.

Why are fruit and vegetables an important source for your body?

## Picture this...

Who won the women's world cup in 2019 and who did they beat?



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