



Focus on... Physical Education

#11

On this day in...

1968 the IXX Summer Olympic Games opened in Mexico City. It was a memorable day as it was the first time the Games had taken place in Latin America.



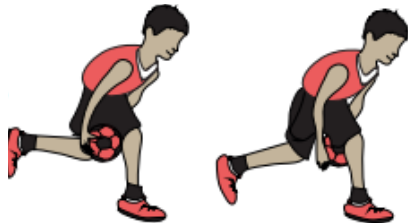
Did you know...

Olympic Gold medals are 92.5% sterling silver. Despite their name and colour, the gold medals presented at the Olympic Games haven't been made from solid gold since 1912.



Go explore...

How many times can you pass a ball through both of your legs in 60 seconds? If you drop the ball you need to pick it up quickly and carry on.



Picture this...



Exercising optimises the quality of your sleep. If you have trouble sleeping or staying asleep, then working out or playing a sport will help to clear your head and make you feel more relaxed. So go enjoy a sport and stay active!

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