



Focus on... Physical education

#81

On this day in...

1908, English cricket batsman, Fred Bakewell, was born. He played in 6 Tests and had a top score of 107 and played for Northamptonshire. He was born in Walsall, Staffordshire.



Did you know...

Listening to music while exercising can improve your workout performance by 15%. Not only does music increase your stamina but it also motivates you and puts you in a better mood!



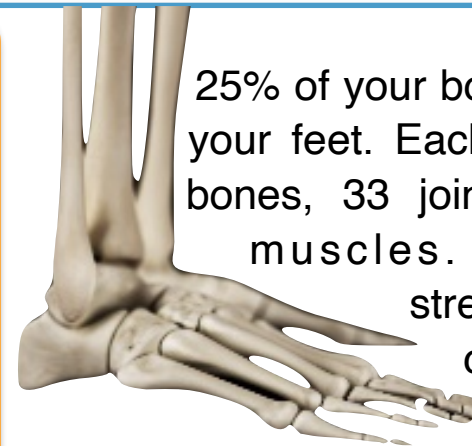
Go explore...

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?



Bring your legs up to your chest and then fully extend them out.

Picture this...



25% of your bones are located in your feet. Each foot contains 26 bones, 33 joints and over 100 muscles. Your balance, strength, power and control all begins with your feet.

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