



# Focus on... Physical education

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## On this day in...

2013, Manny Pacquiao defeated American Brandon Rios to win the World Boxing Organisation (WBO) welterweight title. Pacquiao is one of the greatest professional boxers of all time who has won over twelve major world titles.



## Did you know...

Walking backwards has many benefits for your mind and body. It increases body coordination and movement in space; it gets your heart pumping faster; it motivates you to step outside of your comfort zone; keeps your mind guessing; sharpens your thinking skills; and increases strength in lesser-used leg muscles.

## Go explore...

Alternate hand throw and catch challenge  
Stand 2 metres from a wall, throw a small ball against the wall with your right hand and catch it in your left hand and then throw it with the left and catch it with the right, and so on... Complete as many alternate hand throws and catches as you can in 2 minutes.



## Picture this...

We stand taller when walking backwards, unlike the tendency to lean forward when walking forward. Standing taller and swinging our leg behind also works our hip flexor and knee muscles.



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