



# Focus on... Physical Education

## #106

### On this day in...

1901, London Royal Aquarium held the first ever Table Tennis tournament. The first attempt at playing tennis on a table featured strung rackets, a 30mm cloth covered rubber ball and a wooden fence set on a table.



### Did you know...

Table tennis is a good 'brain sport', it is highly aerobic and uses both upper and lower body strength. It requires good hand-eye coordination, quick reflexes and the ability to plan shots and strategies effectively.



### Go explore...



How many times can you tap up a tennis ball on a racket in 2 minutes? If the ball touches the floor, time continues but your score freezes until you start tapping again!

### Picture this...

Sports have been played in outer space. A golf ball was hit by Alan Shepard and a javelin thrown by Edgar Mitchell on the moon in 1971.



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