

## Focus on... Physical Education



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.

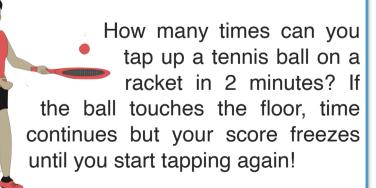


you know...

Table tennis is a good 'brain sport', it is highly aerobic and uses both upper and lower body strength. It requires good hand-eye-Gerdiovascular Improves Improved ham on dear-eye-condinate of the control of the contro coordination, quick 🎏 reflexes and the ability to plan shots and strategies effectively.



Go explore...



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

