



Focus on... PSHE

#114

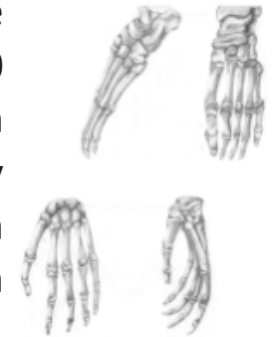
On this day in...



1929, Martin Luther King Jr., an American Baptist minister and activist, was born. He became the most visible spokesperson and leader in the civil rights movement.

Did you know...

More than half your bones are located in your hands and feet. We are born with approximately 300 bones and cartilage which eventually fuse together by the time we reach adulthood. The adult human body consists of 206 bones.



Go explore...

Apples are more effective than coffee at waking you up in the morning.



Picture this...



[Click to Play the Podcast](#)

To see more from our 'Focus on...' series, visit <http://avanti.org.uk/kapsleicester/focus-on/>