



Focus on... Physical Education

#119

On this day in...

1989, one of the greatest basketball players of all time, Michael Jordan, scored his 10,000th NBA point in his 5th season. Altogether, Michael Jordan has scored 32,292 points in his career.



Did you know...

Basketball promotes muscle development. The jumping, running, passing and shooting stimulates the corresponding muscles and thus helps muscles grow stronger. For example, ball handling and control activates the wrist flexors in your forearms and shooting the ball requires force from the wrist, forearm, triceps and quadriceps.

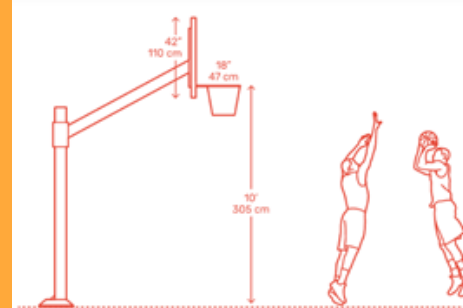


Go explore...



In basketball there is a 'jump shot' where the player has to throw the ball towards the basket from a straight vertical jump. Challenge: How many obstacles can you jump over in 60 seconds? Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.

Picture this...



The steel rim of the basket used in a court has a diameter of 18 inches and is 10 feet high.

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