



# Focus on... Physical Education

#143

## On this day...

in 1936, the first stock car race was held on Daytona Beach, Florida. This sport involves race cars being driven on oval tracks.



## Did you know...



Exercising regularly helps boost your immune system and help fight off infections. This means you will become ill less often than people who do not exercise.

## Go explore...

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back, you score a point.



## Picture this...

A Formula One car's exhaust can reach 1,000 degrees Celsius, which means it can melt aluminium (which melts at 660 degrees).



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