



# Focus on... Physical Education

#164

## On this day...



in 1947, Maurice Richard, a Canadian ice-hockey player was named an MVP (Most Valuable Player) after scoring 45 goals during the regular season. He scored 500 goals in his career and won many awards in ice-hockey.

## Did you know...

Ice-hockey is one of the world's fastest sports, with players on skates capable of going high speeds on natural or artificial ice surfaces. It is a hugely popular sport in territories like North America, Russia and Europe.



## Go explore...

Footwork is an essential skill in ice-hockey. Have a go at the step in, step out challenge. How many times can you step in and step out of a circle in 20 seconds? You must step in and out, one foot at a time. Both feet must step into the circle and then out again.



## Picture this...

The hockey puck is made from hard rubber, has a diameter of approximately 3 inches, and weighs 6 ounces. They are frozen before each game to prevent bouncing in and out of play.



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