



Focus on... Physical Education

#177

On this day...

in 1870, an English boxing champion, Jem Mace, defended his heavyweight crown against Irish champion Joe Coburn. The match lasted 1 hour and 17 minutes and neither of the boxers were struck by a punch.



Did you know...

Fist-fighting contests date back to ancient times. In ancient Greece, boxers wrapped their hands and forearms in leather for protection. In ancient Rome, fighters were called gladiators and they were known to wear hand coverings studded with metal spikes.



Go explore...

How many times can you complete the hopscotch grid and run back to the start in 60 seconds?



Challenge: Complete the hopscotch grid backwards without missing any of the squares.

Picture this...

Staying active and exercising regularly will make you feel more energetic and reduce the likelihood of feeling tired during the day. What do you do to stay active?



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