



Focus on... Physical Education

#219

On this day...

In 1930, Paavo Nurmi set a world record of running 20,000m in 1 hour and 4 minutes. He was nicknamed 'Flying Finn' and he was known to have won a total of nine golds and three silver medals in the Olympic Games.



Did you know...

Running has numerous benefits. It helps to build strong bones, strengthens muscles, improves cardiovascular fitness and helps to maintain a healthy weight.

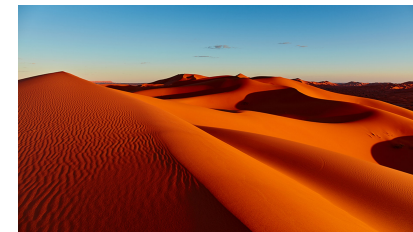


Go explore...

When was the last time you went running? Plan your route. If possible, choose flat, grassy areas rather than hard or loose (such as sandy) surfaces to reduce the risk of injury. Warm up and stretch thoroughly before you head out. Cool your body with light stretches when you return.

Picture this...

You can run a marathon in the desert, at the North Pole, or even around the Mount Everest. The Sahara desert is one of the most popular running races in the world.



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