



Focus on... Physical Education

#233

On this day...

In 1901, Charlie Barr skippered Columbia (US) to beat Shamrock (UK) 3-0 in a Yachting Challenge Series on the New York City Harbour.



Did you know...

Sailing is a sport which involves racing boats around a track which is marked by floating buoys. Famous races include: *Volvo Ocean Race*, *Global Challenge*.



Go explore...

Paper Boat Challenge
Design and build a paper boat that will sail across your trough of water. Propel your boat only by blowing on it. Keep your boat afloat and get it to the other side with as few breaths as possible.



Picture this...

Sailing has many benefits on your physical health, one of them is an increased stamina. When you tug the dingy/yacht, you increase the muscle stamina in the upper portion of your back and shoulders.



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