**\*218** 



## **Focus on... Physical Education**

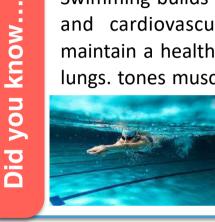
On this day..

Go explore...

in 1904, Football club Sport Lisboa (Benfica) were founded in Lisbon, Portugal.



Swimming builds endurance, muscle strength and cardiovascular fitness. It helps you maintain a healthy weight, healthy heart and lungs. tones muscles and builds strength. It is



one of the best workouts for an all-over body workout, as nearly all of your muscles are used.



In gymnastics and dance you may need to choreograph your work. What does a choreographer do?

