



Focus on... Physical Education

#278

On this day...

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



Did you know...

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.

Go explore...



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

Picture this...



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