



Focus on... Physical Education

#288

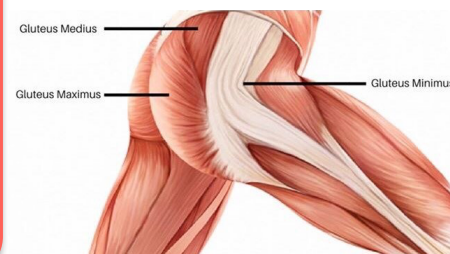
On this day...

in 1971, Indian cricket great Sunil Gavaskar scored the first of his 34 Test Cricket centuries; 116 in drawn 3rd Test at Georgetown, Guyana.



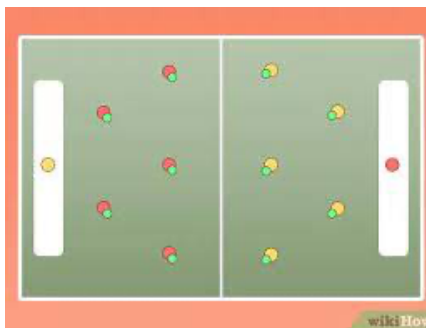
Did you know...

the gluteus Maximus is the largest muscle in the human body. It is not be the 'strongest' muscle though: your calf muscles produce the most force and your jaw muscle exerts the most pressure.



Go explore...

Have you ever played benchball? It is a simple game that can be adapted to play even if you do not have a bench. Explore the rules and try playing your own version at break.



Picture this...



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