

## Did you know?

- Early sports were often about preparing for war or hunting, therefore they involved things like throwing spears, stakes and rocks, and lots of play-fighting too!
- A football has 32 leather panels, held together by 642 stitches.
- Tennis balls are fuzzy to help the racket grip the ball. This slows down their flight and keeps them from bouncing too high!
- Cricket balls are made from cork, covered in four leather panels.
- Football is the most attended or watched sport in the world.
- Golf balls can reach speeds of 170 miles per hour.
- Gold Olympic medals aren't really made of pure gold! They are mainly sterling silver that has been plated with real solid gold.
- A human or animal muscle is attached to two or more bones so that when the muscle contracts (shortens), it produces movement.
- The jumping spider can jump up to 50 times its own body length. Imagine a person who can jump the length of two huge jumbo jets. Now that's a big jump!
- The most bounces during a pogo stick marathon was 206,864, achieved by James Roumeliotis in California on 29th July, 2011. James bounced for 20 hours and 13 minutes!
- Football nets weren't introduced until the 1890s.

