



PE Week 3: WHY SPORTS MATTER

- Playing sports is a fun and interactive way to exercise our bodies, strengthen our minds, and understand our emotions.
- Sports allow for us to be creative, share ideas, and show others the skills you have worked so hard to obtain.



How playing sports benefits your body ... and your brain - Leah Lagos and Jaspal Ricky Singh

- https://m.youtube.com/watch?v=hmFQqjMF_f0

One of the best parts about playing sports are the fans. Being cheered on by people who care about you and want to see you succeed is an amazing feeling. Since we currently can't play any competitive sports, I encourage you to be a fan! Whether it's basketball, football, baseball, etc.. Pick a team, watch, and root for them :)

This week in the world of sports:

- Tampa Bay Lightning wins the 2020 Stanley Cup championship!
- 2020 MLB Playoff Race continues
https://www.espn.com/mlb/schedule/_/date/20200930
- NBA Finals:
Los Angeles Lakers vs Miami Heat
(Game 1 | Sept. 30 on ABC and Game 2 | Oct. 2)
- WNBA Finals:
Seattle Storm vs Las Vegas Aces
(Game 1 | Oct. 2 on ESPN2)