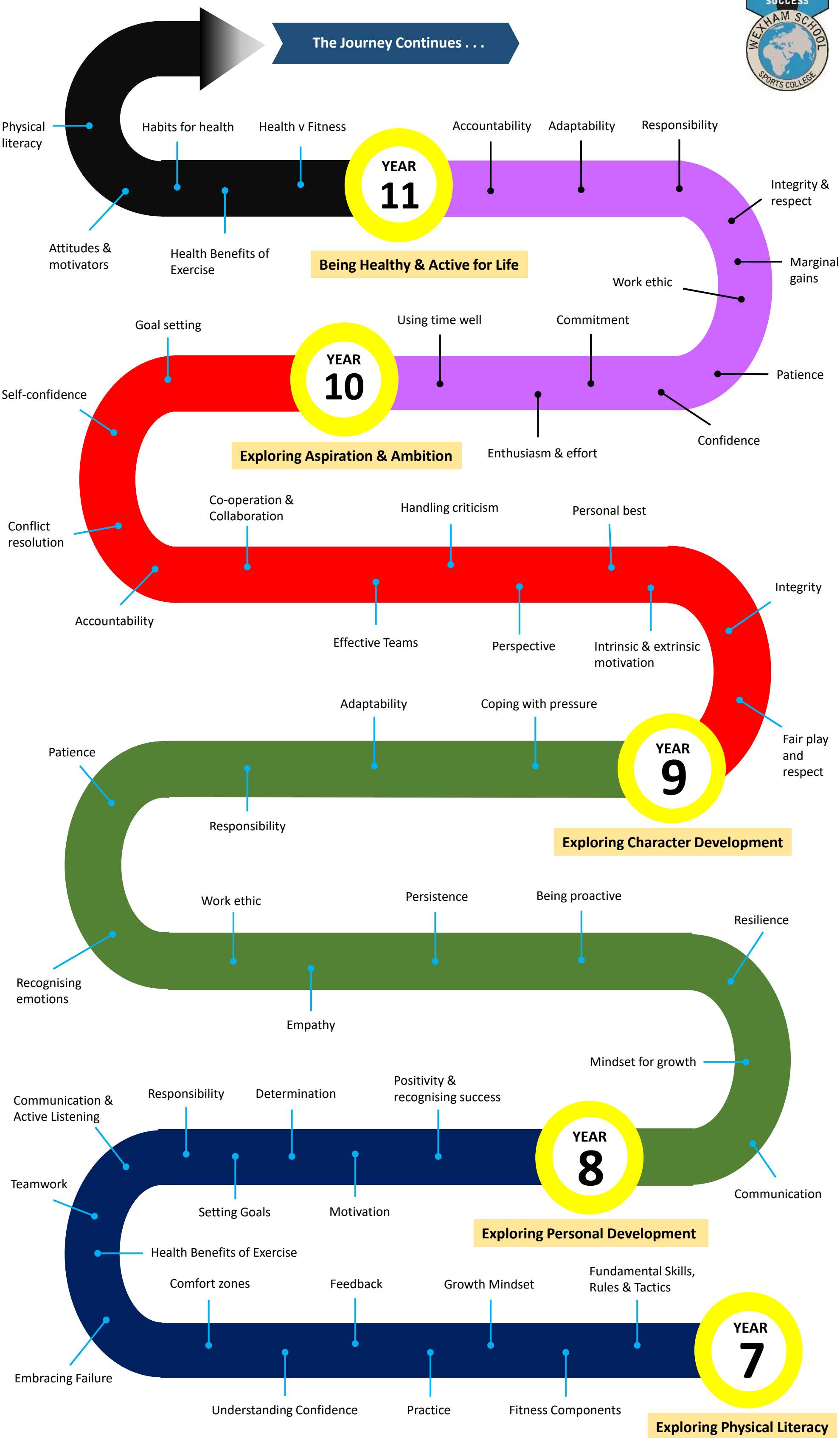Physical Education Concept Learning Journey