**Theory:**

**• Introduction to for and while loops.**

**• How loops work in Python.**

**• Using loops with collections (lists, tuples, etc.).**

**Looping in Python (For, While)**

* **For Loop**: Used to iterate over a sequence (like a list or range), repeating code for each item in the sequence.
* **While Loop**: Repeats a block of code as long as a given condition remains true, checking the condition before each iteration.

**How Loops Work**

* **For Loop**: Iterates through each item in a sequence, executing the code for each item.
* **While Loop**: Continuously checks if a condition is true, and if so, executes the loop body.

**Common Loop Features**

* **break**: Exits the loop immediately.
* **continue**: Skips the current iteration and moves to the next one.

**Using Loops with Collections**

* Loops can be used with collections like lists, tuples, dictionaries, and sets to iterate through their elements or items.

**Common Techniques**

* **enumerate()**: Retrieves both the index and value of items while iterating