Python for loops

```python
text = 'the quick brown fox jumped over the lazy dog'
for letter in text:
    print(letter)


text = "I will never do it again"
for i in range(101):
    print(text)
```

Python Function

to define a function:

```python
def areaOfCircle(r):
    area = 3.14 * r**2
    return area
```

to use a function:

```python
a = areaOfCircle(5)
print("The area of circle is: ", a)
```