

Week School – Grade 07
Health and Physical Education
Second Term- fourth week
Topic 8 Let us train for athletics

Select the most suitable answer and underline it

1. select the event which is not a field event.

- I. High jump
- II. Long jump
- III. Discus throw
- IV. Cross country race

2. A vertical jump according to the classification of athletic events.

- I. High jump
- II. Long jump
- III. Triple jump
- IV. Hop step

3. Select the event which does not need throwing skills.

- I. Netball
- II. Cricket
- III. Volleyball
- IV. Basketball

4. What is not main stage of jumping

- I. Take off
- II. Flight phase
- III. Landing
- IV. Spread hands

5. This is not a throwing event which is done within a circle.

- I. Shot put
- II. Discus throw
- III. Javelin throw
- IV. Hammer throw

Answer all questions

1. State the main two types of jumping events in athletics with examples.

2. What are the games that need throwing skills?

3. What are the stages of jumping?

4. Write some exercises to improve jumping techniques.

5. Write four throwing events.

6. Write some exercises to practice throwing skills.
7. State the points need to be remembered when landing.
8. Mention few advantages that athlete can gain to his life