



**PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL**

**SUBJECT :- HEALTH AND PHYSICAL EDUCATION**

**WEEK :- 10th**

**GRADE :- 08**

**CREATED BY :- ZONAL EDUCATION OFFICE , EMBILIPITIYA**

**Session 12**

Let us practice throwing events

According to the classification of athletics events, there are four throwing events. Namely shot put, discus throw, javelin throw and hammer throw. out of these four events, hammer throw is not included in school athletics events. There are accepted ways of holding the shot put, discus and javelin. When handling these equipment care should be taken about the safety of the thrower as well of the others

Simple activity to practice javelin



Simple activity to practice discus



Simple activity to practice shot put



**Questions**

1. Write 03 precautions that can be taken to be safe from accidents during throwing events.
2. State 3 activities related to throwing events.