

Provincial Department of Education – Sabaragamuwa – Week School

Week: 38

Subject: Health and physical education

Grade -10

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Let us learn about athletics

Discus throwing

Answer all the questions.



- 01.Mention a discus throw technique.
- 02.What are the stages of discus throwing.
- 03.What are the discus weights used for school levels and open level competitions?
- 04.Draw the court for discus throwing with correct measurements.
- 05.Write down two activities that you can do to practice discus throwing.
- 06.Mention two rules for discus throwing.