

Grade 09 Week of September 03

Let's learn about throwing events.

According to the classification of athletics, javelin throwing, discus throwing and shot put throwing are included in the field throw events.

1. What are the stages of throwing events?
2. What is a biomarker?
3. What are the benefits of using power position correctly?
4. Javelin Throwing, shotput Throwing, Discus Throwing Briefly illustrate.
5. Write an activity in which you can practice javelin throwing.
6. Write an activity in which you can practice discus throwing.
7. Write an activity in which you can practice shotput throwing.
8. Write 06 rules related to throwing events.