



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 as 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.