PROVINCIAL DEPARTMENT OF EDUCATION - WEEKLY SCHOOL eekly School Department of
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Pro V School Department of Education, Sabaragamuwa Province/ Weekly School Department of Education, Sabaragamuwa Province/ Weekly School
Department of Education, Sabaragar WEEK :- 10th
SUBJECT: - HEALTH AND PHYSICAL EDUCATION agamuwa Province/ Weekly School Department of Education, Sabaragamuwa
Province/Weekly School Department of Education, Sabaragamuwa Province/Weekly School Department of Education, Sabaragamuwa Province/Weekly School
Department of Education Cabacagamuwa Province/ Walkin Cabacal Department of Education Cabacagamuwa Descriptor/ Walkin Cabacal Department of
Educat GREAD :- 08 Weekly School Depar CREATED BY :- ZONAL EDUCATION OFFICE ,EMBILIPITIYA aragamuwa
Province/Weekly School Department of Education, Sabaragamuwa Province/Weekly School Department of Education, Sabaragamuwa Province/Weekly School
Department of Education, Sabaragamuwa Province/ Weekly School

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.