

Physical Education  
Track and Field  
Discus Worksheet  
Grade 7, 8 & 9

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Instruction: Place the correct answer in the space provided. Your answer should be written in lower case letters.

1. One of three events thrown from a circle.
2. The discus is like a \_\_\_\_\_ saucer.
3. Your \_\_\_\_\_ should be shoulder width apart on preparation to release.
4. The \_\_\_\_\_ should be gripped with your \_\_\_\_\_.
5. Discus should be swing \_\_\_\_\_ height before you release.
6. The designated area where the discus is thrown in order to be measured.
7. Two ways to release the discus are \_\_\_\_\_ and \_\_\_\_\_.
8. The outstanding male Bahamian Discus Record holder is \_\_\_\_\_.
9. Name another throwing event similar to the discus.
10. What year was the women discus added.