

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.