A.F. Adderley Junior High School

Physical Education department

Track and Field

Javelin Worksheet

Word Bank							
spear	Laverne Eve	I.A.A.F	line	shaft	grip	tail	wood
over the shoulder		sector	runway	metal	tip/point	head	

Instructions: Place the correct answer in the spaces provided. Your answer should be written in lower case letters.

1. The four parts of the javelin are_____,_____ ,_____ and _____

2. Throwers use the _____ before releasing the javelin.

3. The_____ is the marked out area where the javelin should land to be recorded as a legal throw.

4. The javelin is shaped like a _____.

5. Throwers are not allowed to step on or beyond the _____.

6. The governing body for track and field is _____.

7. Javelin is made out off _____ or _____.

8. Javelin must land _____ first to be measured as a legal throw.

9. _____ is the most famous Bahamian javelin thrower.

10. The javelin throw requires an _____ motion before the release.

LIVEWORKSHEETS