

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.