

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.