



Grade 8

Health and Physical
 Education.

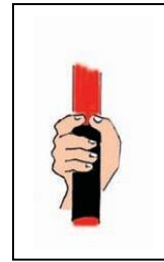
Unit : 12 - Let us Practice
 throwing events

Part I

- **Underline the most suitable answer.**

- (1) A throwing event which involves running is,
 i) Shot put ii) Javelin throw
 iii) Hammer throw iv) Discus throw

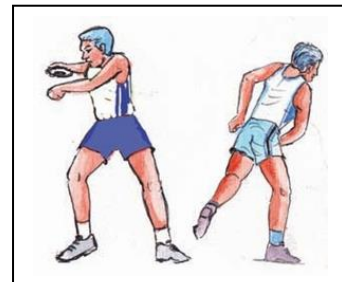
- (2) The following diagram shows.
 i) Gripping the javelin with the thumb and the index finger
 ii) Gripping the shot put with the thumb and the index finger.
 iii) Gripping the javelin with the thumb and the middle finger.
 iv) None of the above.



- (3) When holding the shot put, the elbow should be raised from the side of the body forming.
 i) About 90° ii) About 45°
 iii) About 35° iv) About 25°

- (4) The throwing event that is not included in school events is,
 i) Discus throw. ii) Javelin throw
 iii) Shot put iv) Hammer throw

- (5) The following activity is used to practice.
 i) Javelin
 ii) Discus throw
 iii) Shot put
 iv) Hammer throw



Part II

- **Answer all questions.**

- 1) Write 4 precautions that can be taken to be safe from accidents during throwing events.

- 2) Draw the way of holding the discus.

- 3) List the equipment used in throwing events in the ascending order according to the weight of the equipment?

- 4) Write 2 activities used to practice shot put.



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