

Name _____

Spear the Sky: The Thrills of Javelin Throwing

Open-Ended Response Questions

1. Discuss the unique technique involved in javelin throwing and how it differs from other throwing sports. What key movements and skills are essential for a successful javelin throw?
2. Explain the importance of safety measures and precautions in javelin throwing. How can the sport be made safer for athletes and spectators?
3. Describe how the skills and techniques learned in javelin throwing can be valuable in other sports or real-life situations.
4. Imagine you are a javelin thrower preparing for a competition. Describe the mental and physical preparation you would undergo, including training, technique refinement, and competition mindset.

