

Name _____

Put, Throw, Win! Exploring Shot Put and Discus

Open-Ended Response Questions

1. Compare and contrast the techniques used in shot put and discus throwing. How do the spinning technique of discus and the linear technique of shot put differ, and how are they similar?
2. Discuss the physical challenges that athletes face in shot put and discus. How does strength play a crucial role in these events, and how do athletes build the necessary strength?
3. Explain how the skills and techniques learned in shot put and discus can be valuable in other sports or real-life situations.
4. Describe the importance of proper equipment and safety measures in shot put and discus events. How do athletes ensure their safety and that of others during these events?

