

Name _____

Put, Throw, Win! Exploring Shot Put and Discus

Open-Ended Response Answer Key

1. Shot put and discus differ in their throwing techniques, with shot put using a linear approach and discus using a spinning technique. Shot put requires a linear throw from a circle, while discus involves multiple spins within a circle. Both events aim for maximum distance, and athletes in both use heavy objects. However, discus involves rotational force, while shot put relies on linear power.
2. Athletes in shot put and discus face physical challenges related to strength and technique. Building strength through weightlifting and conditioning is crucial for both events. Athletes also need precise technique to achieve the best results. They overcome these challenges through rigorous training and practice.
3. Skills learned in shot put and discus, such as strength, balance, and coordination, can be valuable in other sports, like football or baseball, that require power and precision. Additionally, the determination and discipline developed in these events can apply to academic and personal goals.
4. Proper equipment, such as the shot or discus, and safety measures, like ensuring a clear throwing area, are essential in shot put and discus events. Athletes and organizers must prioritize safety to prevent accidents and ensure fair competition. Proper footwear is also crucial to prevent injuries during the throws.

