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School: STA

Subject: Physical and Health Education

Class: JSS 1

Topic: Discus

DISCUS

Discus is a field event in athletics that demands muscular strength, muscular power and agility to perform the throw. The discus missile is circular in shape and weighs 2kg and 1kg for men and women respectively.

Basic skills and techniques in discus

1. The handhold or grip
2. The stance
3. The swing
4. The throw (stand and turn)
5. The delivery
6. The release
7. The recovery

Rules of discus throw

1. All throws must start from a stationary position.
2. Competitors must not leave the throwing sector until the missile has landed.
3. No competitor shall over step the throwing sector line.
4. The missile must be released over- arm from the circle.
5. All competitors shall be credited with the best throws.

Safety precautions in discus throw

1. No person should walk across the landing area until all throws have been made.
2. The missile must not be thrown back to the starting line but carried by hands.

3. The throwing sector must be marked out so that people will stay clear from it.

Assignment

1. State three differences between shot put and discus.
2. What is the diameter of a discus circle?