**Athletics Activity Challenge (3)**

**Have fun! Make sure you warm up, and stretch before and after the activity.**

**SITTING/ STANDING SHOT PUT THROW**

**Instructions**

If you have a shot put lying around the house, brilliant. However, a tennis ball, softball or a football will be a good alternative.

Using the technique demonstrated in the diagram below, set a marker where you are going to begin.

When in position, attempt to throw the ball as far as possible.

Where the ball land first is where you should mark you score.

Return to the beginning and attempt once again. Best out of 3.

TRY – A seated shot put or chest push throw

