

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No. I (Part-B 1)**

**Topic No. B (2)**

**Topic Name: Shot Put**

**Lecture No.: 47**

**Lecture Title**

**Shot Put-2**

**Glossary**

**Toe board-** A roofing **toe board** is one of the most basic pieces of safety equipment a **roofer** can use

**Clip board-** A small board with a spring clip at the top, used for holding papers and providing support for writing.

**Execute-** Put (a plan, order, or course of action) into effect

**Twists-** form into a bent, curling, or distorted shape