

Course Name: Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (B) I

Paper No. - B

Lecture No. – 19

Lecture Title

Discuss Throw

Summary

Discus throw **is a game** in athletics (track and field) in which a disk-shaped object, known as a discus, is thrown for distance. In modern competition the discus is thrown from a circle 2.5 metre (8.2 feet) in diameter and fall within a 40° sector marked on the ground from the centre of the circle.

The sport was known in the days of the Greek poet Homer, and it was one of five events included in the pentathlon in the ancient Olympic Games. Throwing the discus was introduced as an event in modern athletics when the Olympic Games were revived at Athens in 1896.