



Can You Do It Too?

Here are some pictures of people taking part in Olympic throwing events.

The first one shows a man throwing a hammer and the second shows a woman throwing a discus.



They can throw them a long way. A recent Olympic record for throwing the hammer was about 80 adult strides and for throwing the discus was about 70 adult strides.

How far do you think you can throw a beanbag?

What would your estimate be? (When you estimate, you use what you already know to make a guess.)

Have a go!

How did your real throw compare with your estimate?