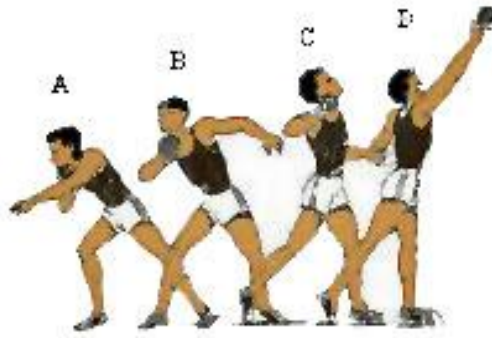


Athletics

Shot Put Technique

Shot Put is one of the throwing events in Athletics which requires muscular strength and power.



<https://www.youtube.com/watch?v=tHVMufMECPo>

Use the link above to see how to do the shot put and have a go in the garden using a tennis ball.

Good Luck!