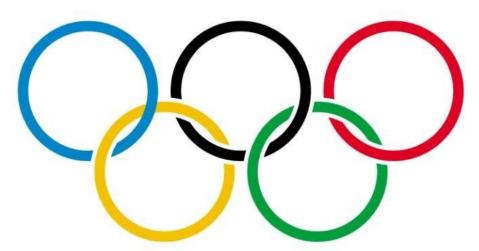
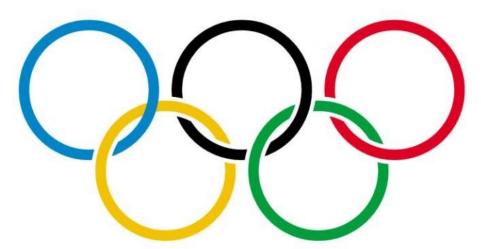
## Straw Javelin Throw

- Place your feet on the starting line.
- 2. Throw the "javelin." You may only have one throw.
- 3. Estimate the distance (in cm) that you threw the "javelin."
- 4. Record this estimate.
- 5. Measure the distance from the starting line to the position of the "javelin."
- 6. Record the actual distance.



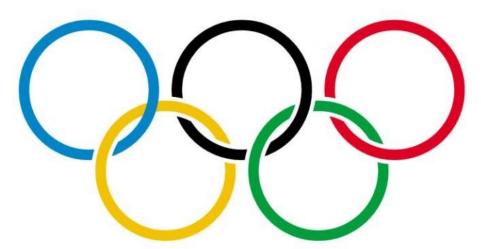
# Paper Plate Discus

- 1. Place your feet on the starting line.
- 2. Throw the "discus." You may only have one throw.
- 3. Estimate the distance (in cm) that you threw the "discus."
- 4. Record this estimate.
- 5. Measure the distance from the starting line to the position of the "paper plate."
- 6. Record the actual distance.



## Cotton Ball Shot Put

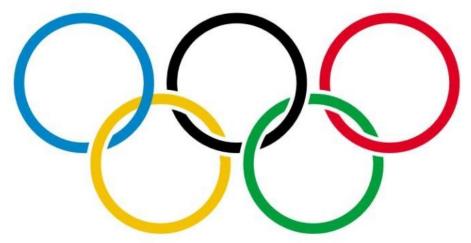
- 1. Place your feet on the starting line.
- 2. Throw the "cotton ball shot." You may only have one throw.
- 3. Estimate the distance (in cm) that you threw the "shot."
- 4. Record this estimate.
- 5. Measure the distance from the starting line to the position of the "cotton ball."
- 6. Record the actual distance.



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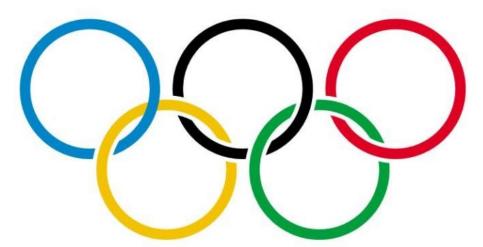
### Right-Handed Marble Grab

- With your right hand only, grab a fistful of marbles from the container.
- 2. Place the marbles on the balance scale.
- 3. Estimate (in grams) the mass of marbles you grabbed in your right hand.
- 4. Record this estimate.
- 5. Measure the mass of the marbles.
- 6. Record the actual value.



### Left-Handed Sponge Squeeze

- 1. Observe the sponge soaking in water.
- 2. Squeeze sponge into a separate container. You may only squeeze the sponge one time.
- 3. Estimate the amount of water (in mL) you squeezed out of the sponge.
- 4. Record this estimate.
- 5. Measure the water squeezed.
- 6. Record the actual value.



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| 7 | $\sim$ | $\sim$ 1 |
|---|--------|----------|
| S | Score  | Sheet    |

| Event                         | Estimated<br>Value | Actual<br>Value | Error |
|-------------------------------|--------------------|-----------------|-------|
| Straw Javelin<br>Throw        |                    |                 |       |
| Paper Plate<br>Discus         |                    |                 |       |
| Cotton Ball Shot<br>Put       |                    |                 |       |
| Right-Handed<br>Marble Grab   |                    |                 |       |
| Left-Handed<br>Sponge Squeeze |                    |                 |       |



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