

DISCATHLON RELAY HOMEWORK ASSIGNMENT

Name: _____ Date: _____

Your task tonight is to respond to the following questions using complete sentences and proper grammar. Support your answers with either physical or mental/emotional evidence. Your assignment is due at the beginning of the next class meeting. Please attach your Discathlon Relay Target Heart Zone Recording Sheet to your assignment.

1. Using your Discathlon Relay Target Heart Zone Recording Sheet from today's discathlon relay race, answer this question: Was your disc-throwing accuracy and control during the race affected by your heart rate and breathing, or just one of these? Explain your answer and support it with data from your recording sheet.
2. Did you enjoy participating in the discathlon relay race? Why or why not?
3. Do you have any suggestions for improving this activity or expanding it in another way?