

## TEST

1. Every, how many years are the Olympic Games held?
2. In whose honour were the ancient Olympic games held?
3. How long did the ancient Olympic games last?
4. Explain the abbreviation IOC
5. In what year was the IOC established?
6. What are the components of the hammer?
7. Who is the world record holder in the men's hammer throw? Give the distance.
8. Name two techniques used in the ball push
9. What weight ball do seniors and seniors push?
10. Who holds the Polish record in the women's shot put? State the distance.