

DID YOU KNOW?

VALERIE ADAMS



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You may have heard of Dame Valerie Adams a famous New Zealand athlete who achieved numerous top placings in competitions around the world.

Adams was born in Rotorua in 1984. Her chosen sport is the shot put.

In 2008 she won her first Olympic gold medal in the Beijing Olympic Games and in 2010 she won a gold medal at the Commonwealth Games.

She was awarded a gold medal in the London Olympic games in 2012 after another athlete was found using a banned substance.

Her 4th World Championship in 2013 meant her achievements make her the most successful shot putter ever.

In the 2017 New Year Honours, Adams was named a Dame Companion of the New Zealand Order of Merit.

FACTS

- A women's shot put weighs 4kgs.
- Valerie's personal best is a throw of 21.24m.



CHALLENGE

Find yourself a bean bag or a ball and see how far you can throw it outside. Throw it like you would a shot put (look this up online if you are unsure)

Measure your throws by counting how many big steps it takes to reach the destination where your object landed.

Repeat it a few times to see what your personal best is. How close to Valerie can you get?



Adams (right) in 2017, after her investiture as a Dame Companion of the New Zealand Order of Merit by the governor-general, Dame Patsy Reddy

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