

# The Great Weigh In

## Activity

Find out and record the exact weight of ten people including yourself. (Hint: You may wish to include family members, friends and famous sports people). Now put them into their correct weightlifting classes.

Extension: Find out about the “clean & jerk” and the “snatch.”  
The world record for the biggest “clean and jerk” is 260kg.

- How many of your classmates would be equivalent to this weight?
- Find out about other sports that have weight categories.

## FACT FILE

Weightlifters compete in their own weight category. If a lifter weighs 65.7kg their body weight classes them between the 64kg and the 70kg classes. This lifter would compete in the 70kg class as they are too heavy for the 64kg class. The table below lists the weight categories for each of the weightlifting classes.

Weight Lifting Classes

Women	Men
46kg	54kg
50kg	59kg
54kg	64kg
59kg	70kg
64kg	76kg
70kg	83kg
76kg	91kg
83kg	99kg
+83kg	108kg
—	+108kg

Name	Weight	Lifting Class

