



PE Lesson:

GAMES: CLIMB THE LADDER

Place 3 targets on the floor in a line, 1m away from each other

- Using a small object can you throw the object and hit the first target
- When you have hit the first target, only then can you move onto the next target
- How many throws does it take to hit all 3 targets?

If you are playing against a partner, the first player to hit all 3 targets is the winner.



Top Tips!

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Lets Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?