



PE Lesson:

GAMES: IN THE BOX

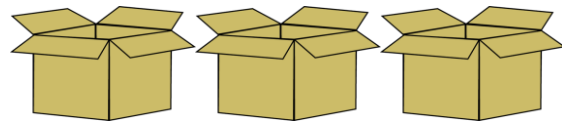
Lay out 3 boxes in a row

- Players must throw 3 steps back from the first box
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points
- Each player has 3 throws

The player with the most points at the end of the game is the winner

Can you challenge yourself to use the right technique?

Do you keep trying your best even if you miss?



Top Tips! Throwing Underarm

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

Lets Reflect

How did you change your technique for the different distances?

How did you stay motivated to keep trying?