



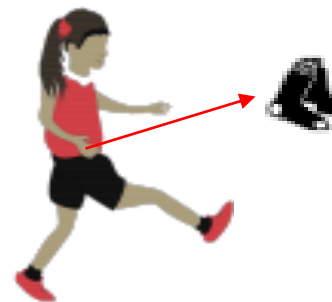
PE Lesson:

OUTDOOR & ADVENTUROUS: TARGET TREASURE LEVEL 2

Place a selection of targets 5 large steps away from your starting line

- Decide how many points each piece of treasure is worth E.g. Toys = 1 point and shoes = 2 points
- Players take turns to throw an object towards the treasure targets from behind the starting line
- The winner is the player to score the most points when all of the treasure is gone

Can you focus on the target to help you be accurate?



Can you think tactically and decide which targets to aim for and why?

Top Tips!

Throwing Underarm

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

Lets Reflect

What was the difference between your throws that were accurate and your throws that missed?

Did you use the correct throwing technique?