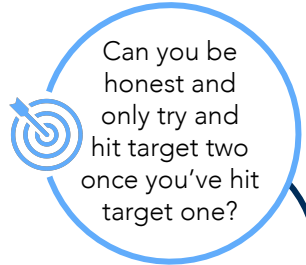


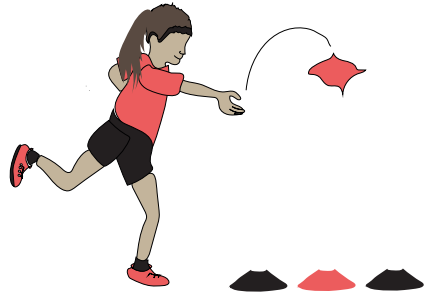


# Climb the Ladder PE Home Learning



## Time to Learn:

- Place three targets on the floor in a line, one step 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 three targets?
- If you are playing against a partner, the first player to hit all three targets is the winner.



Place the target marker closer to you. Only move it further away when you feel confident.



**Playing against someone.**  
You have to hit the targets in reverse order, starting with the target furthest away!



**Have a competition.**  
Create a league table and play against different family members.

## Top Tips

### Throwing Underarm

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



## Let's Reflect

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

How did you keep focused?