



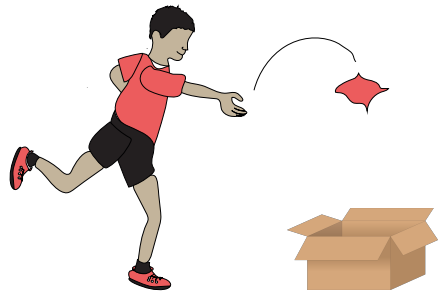
In the Box PE Home Learning



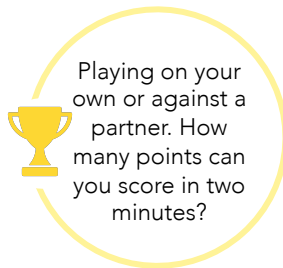
Can you keep trying your best even if you miss?

Time to Learn:

- Lay out three boxes in a row.
- Players must throw three steps back from the first box.
- If you throw an object into the nearest box you score one point, if you throw it in the middle box you score two points, if you throw it into the end box you score three points.
- Each player has three throws.
- The player with the most points at the end of the game is the winner.



Start with the boxes closer to you. Move the boxes further away when you feel more confident.



Playing on your own or against a partner. How many points can you score in two minutes?



Play with a partner and set yourself a target score to reach. Can you work together to beat your score?

Top Tips

Throwing Underarm

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



Let's Reflect

How did you change your technique for the different distances?

How did you stay motivated to keep trying?