

# Climb the Ladder

## Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

### How to play:

- 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.



Can you keep trying even if you miss the target?

### 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?