

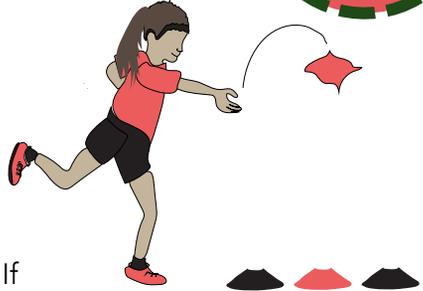
Three in a Row

Home Physical Education

Can you help other players if they are finding it hard?

How to play:

- Each player has 3 targets that they place on the floor.
- Each player takes 3 steps back from their targets when throwing.
- Players take turns to throw an object towards their targets.
- If a player hits a target it is removed. If a player misses they place a target which has been removed back in.
- The first player to hit all of their targets is the winner.



Can you challenge yourself to use the right technique?

Top Tips

Throwing Underarm

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

Let's Reflect

Did you congratulate the winner of the game?

How did you feel when your throws were successful?