Climb the Ladder
Home Physical Education

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.

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

Can you be honest and only try target 2 when you’ve hit target 1?
Can you keep trying even if you miss the target?

Let’s Reflect
What did you learn after each throw to adapt for the next?
How did you keep focused?

Top Tips

Complete P.E. Youth Sport Trust Believing in every child’s future

25 years