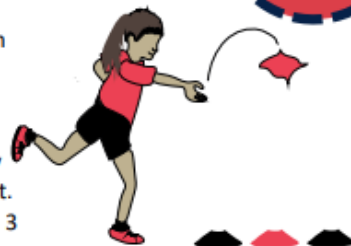


Climb the Ladder

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.



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?

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?

It took Mr May 6 throws to hit all 3 targets, can you beat my score? Good luck with this challenge, I hope you enjoy playing 😊 Remember to do this challenge as many times as you can during the week to try and beat your personal best score.

Challenge yourself further: Try throwing with your weaker hand, or even stand further away from the target.

Benefits of this challenge: Underarm throwing / throwing for accuracy.

Equipment: You can use a pair of rolled up socks and 3 soft items which can't be broken if knocked over.

Safety: Please remember to play this game with enough space.

Remember to send in your videos via Db primary if you have permission. Please input your score on the link below for any challenges you complete. You can also find this link and all the previous challenges on the school stay active page - [Staying active | CHAT Academies \(cuckoohallacademy.org.uk\)](#)

Link to upload you score:

<https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoTz9ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSVdYVY4u>

Sporting spirit values: Can you show our school sporting spirit values when completing these challenges.

Passion / Team work / Self-belief / Respect / Honesty / Determination