

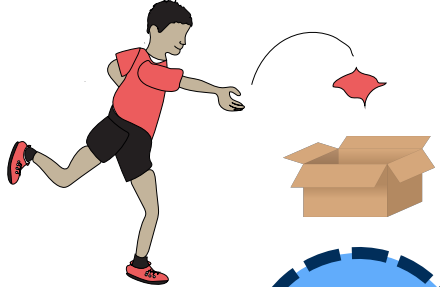
# In the Box

## Home Physical Education

Do you keep trying your best even if you miss?

### How to play:

- Lay out 3 boxes in a row.
- Players must throw 3 steps back from the first box.
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.
- Each player has 3 throws. The player with the most points at the end of the game is the winner.



Can you challenge yourself to use the right technique?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the object 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?