# IN THE BOX!



## How to play?

- Lay out 3 boxes in a row.
- Players must take 3 steps back from the first box.

- If you throw an object into the first box you get 1 point, if you throw it into the middle box you get 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.

### TOP TIP!

*Throwing Underarm*

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

### REFLECTION

*How did you change your technique for the different distances?*

*How did you stay motivated to keep trying?*