## Three in a Row Home Physical Education

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.


## Top Tips

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

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