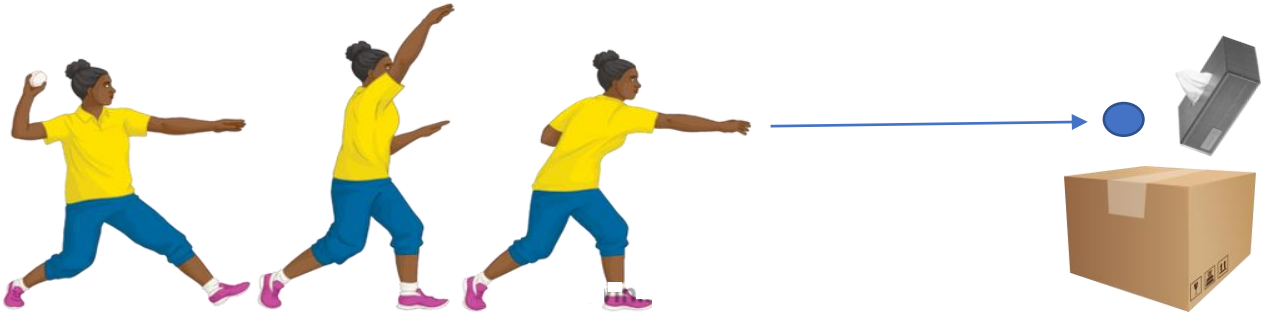


7-8 AT-HOME THROW QUEST

Throw a ball, rolled-up sock, stuffed toy, tin foil, crumpled paper! X = how many knockdowns you need! The target can be anything that you're allowed to knock over, like a box, tissue, roll of paper towels, pin, action figure, doll, cardboard, etc. Remember to step with your opposite leg!



1 Knock down the target 7x with an underhand toss from 5 steps back.

2 Knock down the target 7x with an underhand toss from 7 steps back.

3 Knock down the target 7x with an underhand toss from 9 steps back.

4 Knock down the target 7x with an overhand throw from 12 steps back.

5 Knock down the target 7x with an overhand throw from 7 steps back.

6 Knock down the target 7x with an overhand throw from 9 steps back.

7 Knock down the target 7x with an overhand throw from 12 steps back.

8 Using your other hand, knock down the target 7x with an overhand throw from 5 steps back.

9 Using your other hand, knock down the target 7x with an overhand throw from 7 steps back.

10 Using your other hand, knock down the target 7x with an overhand throw from 9 steps back.

11 Knock down 2 targets at the same time 5x with an overhand throw from 7 steps back.

12 Knock down 2 targets at the same time 5x with an overhand throw from 9 steps back.