**K-1 AT-HOME STRIKE QUEST**

Use rolled-up tape, paper, a sock, tin foil, or a light ball. If you need to, create a paddle by swinging a piece of hard cardboard, flattened cereal box, or tape a flat item onto a ruler, spatula, or even paper towel roll (fill with scrunched paper to make it more solid).

X = how many times you need to hit the object to complete each challenge.

1. Hit the object up into the air and either catch or let it drop to the floor 10x.

2. Hit the object against a wall and either catch or let it drop to the floor 10x.

3. Hit the object against a wall and hit a target (poster, sign, etc) 10x.

4. Hit the object up into the air 3x in a row before it lands on the floor.

5. Hit the object against a wall 3x in a row before it lands on the floor.

6. Hit the object both against a wall and into the air 3x in a row before it lands on the floor.
**2-3 AT-HOME STRIKE QUEST**

Use rolled-up tape, paper, a sock, tin foil, or a light ball. If you need to, create a paddle by swinging a piece of hard cardboard, flattened cereal box, or tape a flat item onto a ruler, spatula, or even paper towel roll (fill with scrunched paper to make it more solid). X = how many times you need to hit the object to complete each challenge.

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<td><strong>1</strong></td>
<td>Hit the object up into the air and either catch or let it drop to the floor 12x.</td>
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<td><strong>4</strong></td>
<td>Hit the object up into the air 4x in a row before it lands on the floor.</td>
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4-5 AT-HOME STRIKE QUEST

Use rolled-up tape, paper, a sock, tin foil, or a light ball. If you need to, create a paddle by swinging a piece of hard cardboard, flattened cereal box, or tape a flat item onto a ruler, spatula, or even paper towel roll (fill with scrunched paper to make it more solid).

X = how many times you need to hit the object to complete each challenge.

1. Hit the object up into the air and either catch or let it drop to the floor 15x.
2. Hit the object against a wall and either catch or let it drop to the floor 15x.
3. Hit the object against a wall and hit a target (poster, sign, etc) 15x.
4. Hit the object up into the air 5x in a row before it lands on the floor.
5. Hit the object against a wall 5x in a row before it lands on the floor.
6. Hit the object both against a wall and into the air 5x in a row before it lands on the floor.
6-7 AT-HOME STRIKE QUEST

Use rolled-up tape, paper, a sock, tin foil, or a light ball. If you need to, create a paddle by swinging a piece of hard cardboard, flattened cereal box, or tape a flat item onto a ruler, spatula, or even paper towel roll (fill with scrunched paper to make it more solid).

X = how many times you need to hit the object to complete each challenge.

1. Hit the object up into the air and either catch or let it drop to the floor 18x.

2. Hit the object against a wall and either catch or let it drop to the floor 18x.

3. Hit the object against a wall and hit a target (poster, sign, etc) 18x.

4. Hit the object up into the air 6x in a row before it lands on the floor.

5. Hit the object against a wall 6x in a row before it lands on the floor.

6. Hit the object both against a wall and into the air 6x in a row before it lands on the floor.
8+ AT-HOME STRIKE QUEST

Use rolled-up tape, paper, a sock, tin foil, or a light ball. If you need to, create a paddle by swinging a piece of hard cardboard, flattened cereal box, or tape a flat item onto a ruler, spatula, or even paper towel roll (fill with scrunched paper to make it more solid).

X = how many times you need to hit the object to complete each challenge.

1. Hit the object up into the air and either catch or let it drop to the floor 20x.
2. Hit the object against a wall and either catch or let it drop to the floor 20x.
3. Hit the object against a wall and hit a target (poster, sign, etc) 20x.

4. Hit the object up into the air 7x in a row before it lands on the floor.
5. Hit the object against a wall 7x in a row before it lands on the floor.
6. Hit the object both against a wall and into the air 7x in a row before it lands on the floor.