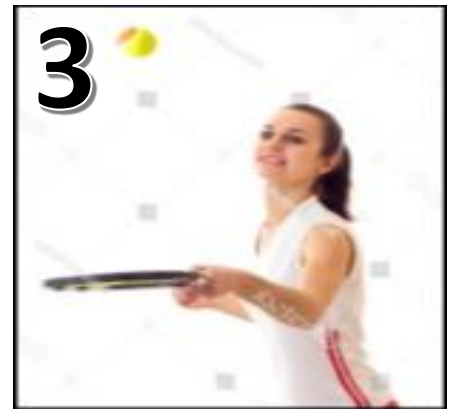


K-1 AT-HOME STRIKE QUEST

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.



1

2

3

Hit the object up into the air and either catch or let it drop to the floor 12x.

Hit the object against a wall and either catch or let it drop to the floor 12x.

Hit the object against a wall and hit a target (poster, sign, etc) 12x.



4

5

6

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

Hit the object against a wall 4x in a row before it lands on the floor.

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

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



2



3

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

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

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



4



5



6

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

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

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.