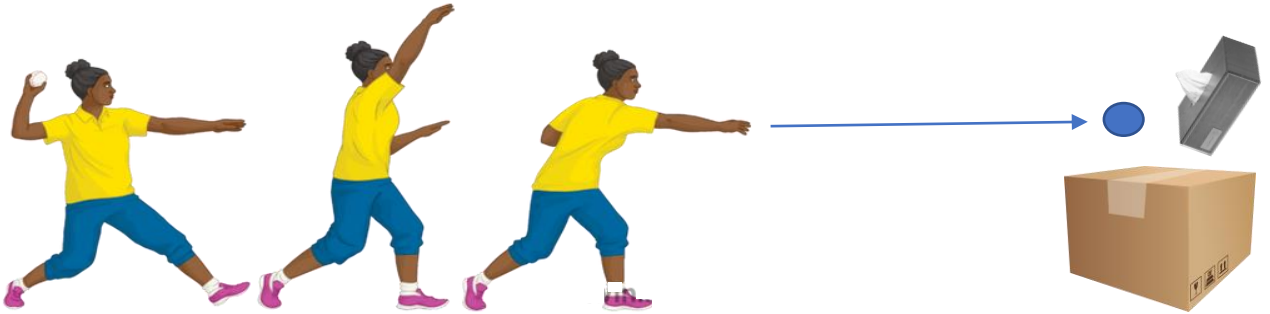


# K-1 AT-HOME THROW QUEST

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 5x with an underhand toss from 2 steps back.

**2** Knock down the target 5x with an underhand toss from 4 steps back.

**3** Knock down the target 5x with an underhand toss from 6 steps back.

**4** Knock down the target 5x with an overhand throw from 2 steps back.

**5** Knock down the target 5x with an overhand throw from 4 steps back.

**6** Knock down the target 5x with an overhand throw from 6 steps back.

**7** Knock down the target 5x with an overhand throw from 8 steps back.

**8** Using your other hand, knock down the target 5x with an overhand throw from 2 steps back.

**9** Using your other hand, knock down the target 5x with an overhand throw from 4 steps back.

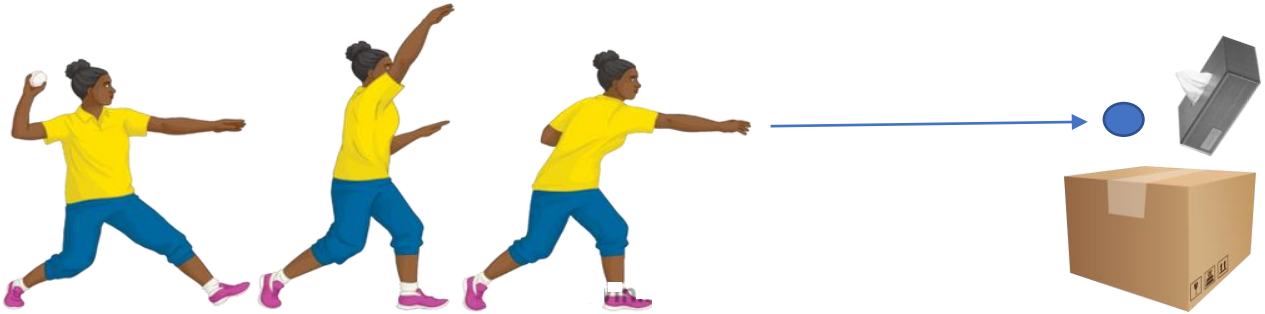
**10** Using your other hand, knock down the target 5x with an overhand throw from 6 steps back.

**11** Knock down 2 targets at the same time 3x with an overhand throw from 4 steps back.

**12** Knock down 2 targets at the same time 3x with an overhand throw from 6 steps back.

# 2-4 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 5x with an underhand toss from 3 steps back.

**2** Knock down the target 5x with an underhand toss from 5 steps back.

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

**4** Knock down the target 5x with an overhand throw from 3 steps back.

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

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

**7** Knock down the target 5x with an overhand throw from 9 steps back.

**8** Using your other hand, knock down the target 5x with an overhand throw from 3 steps back.

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

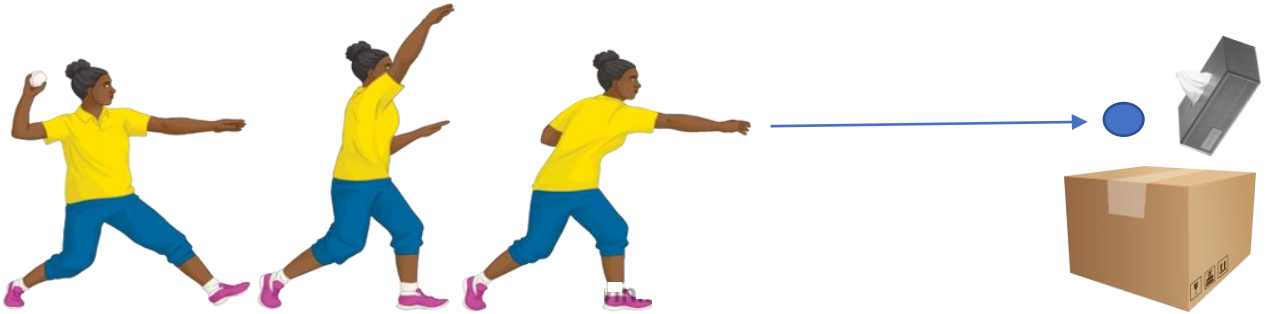
**10** Using your other hand, knock down the target 5x with an overhand throw from 7 steps back.

**11** Knock down 2 targets at the same time 3x with an overhand throw from 5 steps back.

**12** Knock down 2 targets at the same time 3x with an overhand throw from 7 steps back.

# 5-6 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 5x with an underhand toss from 4 steps back.

**2** Knock down the target 5x with an underhand toss from 6 steps back.

**3** Knock down the target 5x with an underhand toss from 8 steps back.

**4** Knock down the target 5x with an overhand throw from 10 steps back.

**5** Knock down the target 5x with an overhand throw from 6 steps back.

**6** Knock down the target 5x with an overhand throw from 8 steps back.

**7** Knock down the target 5x with an overhand throw from 10 steps back.

**8** Using your other hand, knock down the target 5x with an overhand throw from 4 steps back.

**9** Using your other hand, knock down the target 5x with an overhand throw from 6 steps back.

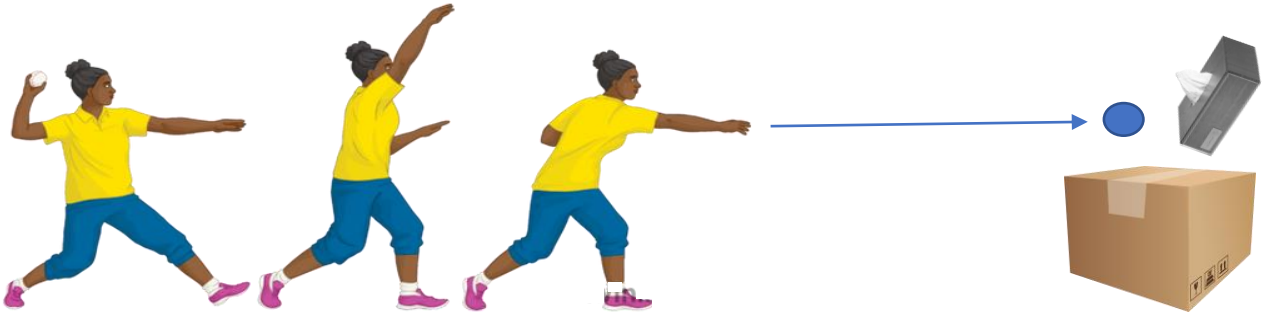
**10** Using your other hand, knock down the target 5x with an overhand throw from 8 steps back.

**11** Knock down 2 targets at the same time 3x with an overhand throw from 6 steps back.

**12** Knock down 2 targets at the same time 3x with an overhand throw from 8 steps back.

# 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.