**Snowball Target Mission #1**

*Score 1 point for each of the steps that you successfully complete (up to 3 points/assignment).*

*Score an additional 2 points if you successfully hit the target.*

*The maximum points per assignment is 5.*

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| **Assignment** | **Mission Details** | **Points** |
| 1 | Underhand Toss1. *Face target.*
2. *Step with your opposite foot.*
3. *Use an* ***underhand*** *toss.*
 |  |
| 2 | Overhand Aim1. *Opposite side facing target.*
2. *Step with your opposite foot.*
3. *Use an* ***overhand*** *throw.*
 |  |
| 3 | Spin & Bounce1. *Spin your body once around.*
2. *Bounce the ball one time off the ground.*
3. *Use an* ***underhand*** *toss.*
 |  |
| 4 | On the Move1. *Stand 5 paces away from poly spot.*
2. *Using a slow jog begin moving toward the spot.*
3. *Use an* ***overhand*** *throw as you move by.*
 |  |
| 5 | Five Catches1. *Stand on spot in a ready position.*
2. *Toss and catch your ball 5 times.*
3. *Use either an overhand or underhand throw.*
 |  |
| 6 | Hit the Ground1. *Rest the ball on the spot.*
2. *Do 3 Burpees.*
3. *Use either an overhand or underhand throw.*
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**Exit Question**

When would you use one of the skills we practiced in today’s mission?