**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 Toss   1. *Face target.* 2. *Step with your opposite foot.* 3. *Use an* ***underhand*** *toss.* |  |
| 2 | Overhand Aim   1. *Opposite side facing target.* 2. *Step with your opposite foot.* 3. *Use an* ***overhand*** *throw.* |  |
| 3 | Spin & Bounce   1. *Spin your body once around.* 2. *Bounce the ball one time off the ground.* 3. *Use an* ***underhand*** *toss.* |  |
| 4 | On the Move   1. *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 Catches   1. *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 Ground   1. *Rest the ball on the spot.* 2. *Do 3 Burpees.* 3. *Use either an overhand or underhand throw.* |  |

**Exit Question**

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