

Name _____			
Level 1 Challenges- All worth 1 point		Level 3 Challenges- All worth 3 points	
Throw ball, let it bounce, catch with 2 hands- 10 times	_____	Throw and hit above your shape - 10 times	_____
Throw ball, let it bounce, catch with right hand- 10 times	_____	Throw and hit to the right of your shape - 10 times	_____
Throw ball, let it bounce, catch with left hand- 10 times	_____	Throw and hit to the left of your shape - 10 times	_____
Throw at a close distance, let bounce, & catch - 5 times	_____	Throw and below your shape - 10 times	_____
Throw at a medium distance, let bounce, & catch - 5 times	_____	Throw and hit inside of your shape - 5 times	_____
Throw at a long distance, let bounce, & catch - 5 times	_____	Bounce under your legs and hit inside your shape - 3 times	_____
How many throws, bounce, and catches can you get in a row?	_____	Throw and hit 1 corner - 3 times	_____
Total Level 1 (Each Worth 1 point)	_____	Total Level 3 (Each Worth 3 points)	_____
Level 2 Challenges- All worth 2 points		Level 4 Challenges- All worth 4 points	
Bounce ball, let it hit the wall, and catch using 2 hands - 10 times	_____	Throw with non-dominate hand and hit the inside of your shape - 3 times	_____
Bounce ball, let it hit the wall, clap, and catch - 5 times	_____	Throw backwards and hit inside your shape - 3 times	_____
Bounce ball and hit above your shape - 5 times (Bonus - try to catch it)	_____	Throw and hit all 4 corners of your shape	_____
Bounce ball and hit to the right of your shape - 5 times (Bonus - try to catch it)	_____	Distance throw. Start with 1 step away and see how far you can throw and hit inside your shape	_____
Bounce ball and hit to the left of your shape - 5 times (Bonus - try to catch it)	_____	Throw and hit inside of your shape 3 times in a row. If you miss or mess up - have to start over	_____
Bounce ball and hit below your shape - 5 times (Bonus - try to catch it)	_____	How many bullseye can you get in 1 minute	_____
Bounce ball and hit one of the corners of your shape - 1 time	_____	Come up with your own challenge	_____
Total Level 2 (Each Worth 2 Points)	_____	Total Level 4 (Each Worth 4 points)	_____
Final Scores			
Total level 1 _____ Total level 2 _____ Total level 3 _____ Total level 4 _____ Final Score _____			