

Performance Task 3

February 24 2021

1. Target Throwing with Socks

Please follow the instructions on the video.

Task	Number of Minutes / Seconds	How many socks did you shoot inside the basket?
Slow swing of the basket	26s	10
Moderately swing of the basket	33s	10
Fast swing of the basket	1m 17s	10
Swing of the basket in different ways	1m 46s	10

2. How did you feel after the task? What skills do you want to develop?

I didn't feel entirely exhausted, but I was a bit ticked off because my sister was also messing around. Anyhow, I want to develop my accuracy and precision more.