

### Sock Throw

Choose a starting position then see how far you can throw your ball of socks. Measure your throw to the nearest cm!

### Sock Catch

Drop your ball of socks behind your head then quickly try and catch it between your legs! Have a practice first! How many can you catch in 1 minute?

### Sock Keepy Uppies

Can you keep your ball of socks up in the air using just your feet?  
How many keepy uppies can you do in 1 minute?

### Sock Basketball

Put a bucket or laundry basket 4m away. How many times can you throw your ball of socks into the bucket, collect, return and throw again in 1 minute?



# LONGTON PRIMARY SCHOOL Sock Olympics Activity Card!



### Sock Bowling

Set up 6 skittles (toilet roll tubes or empty bottles). Stand 3m away & use your ball of socks to knock them down! How many can you knock down in 3 separate throws?

### Sock Jump

Place your ball of socks on the floor and see how many times you can jump over them and back in 1 minute!

### Rainbow Sock

#### Throw

Put your socks into one hand & throw to your other, like a rainbow arch!  
How many rainbows can you throw in 1 minute?

### Jump In Your

#### Socks

You can put your socks down for this one (or put them on!). Stand still and jump as far as you possibly can!