

Class 4

Socks Circuit

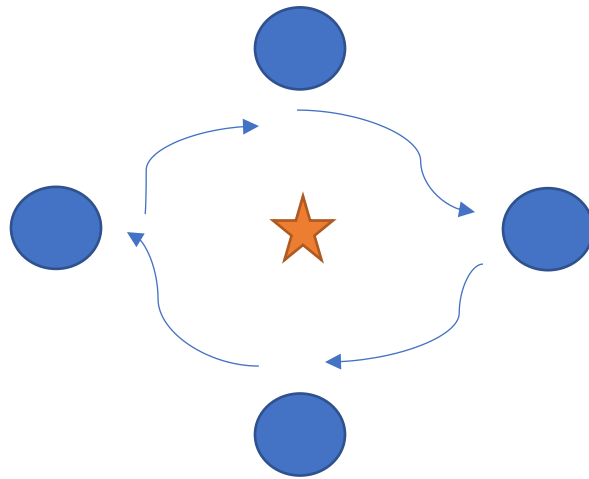
Challenge

**You will need a pair of socks for
these challenges.**

**Can you complete the circuit twice
and beat your score?**

Around the sock

(You will need four socks/cones for this activity)



Set out your socks like four compass points (as shown above). Ensuring your feet stay in the middle, push up into a press up position and go around in a circle by moving your hands.

How many times can you go around the clock in 30 seconds?

Sock Keepy Uppies

Can you keep your ball of socks up in the air by using just your feet?

How many keep yuppies 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?

Sock Bowling

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

Sock Jump

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