



Welcome to the Scole Primary Sock Olympics!

This year, Sports Day is looking a little different! Due to the Tokyo 2020 Olympics being postponed until 2021, Mrs Goldsmith has planned a Sock Olympics just for you!

You will need:

A ball of socks!
Stopwatch/timer
Tape measure

Have a go at the different activities and record your scores on the score card!
We would also love to see any photos/videos of you completing events!

When you have completed the activities, you can **send a photo of your score card to** office@scole.norfolk.sch.uk for Mrs Goldsmith to see your results!
Have fun everyone!

Sock Throw

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

Mrs G's Top Tip - An overarm throw will help you to throw further.

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?

Mrs G's Top Tip - Lots of practice first will help. Keep persevering! You can do it!

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?

Mrs G's Top Tip - Try practising the skills with a ball first, then try with the socks.

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?

Mrs G's Top Tip - Get someone to time & count for you, so you can concentrate on the aim & throw.

Scole Primary

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?

Mrs G's Top Tip - Find a flat space for your skittles & practise first!

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!

Mrs G's Top Tip - This is like a speed bounce. Find a good rhythm to help you keep going. Get someone to count & time for you.

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?

Mrs G's Top Tip - Remember big hands and watch the socks to help with your catching.

Jump In Your

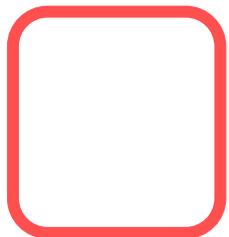
Socks

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

Mrs G's Top Tip - a standing long jump. Use your arms to help you jump as far as you can & land safely.

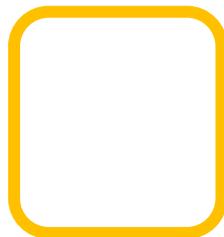


Sock Throw



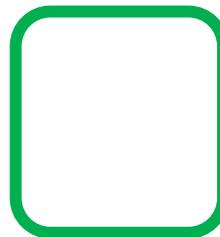
Measure to the nearest cm!

Sock Catch



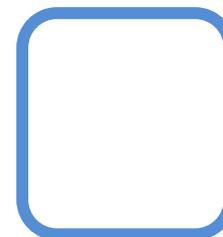
How many can you do in 1 minute?

Sock Keepy Uppies



How many can you do in 1 minute?

Sock Basketball

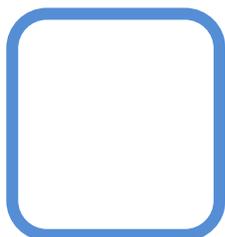


How many can you score in 1 minute?

★ **Scole Primary** ★
Sock Olympics Score Card!

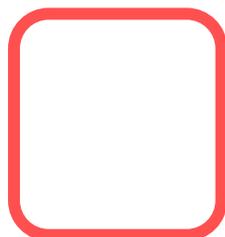
Name: _____ Class: _____

Sock Bowling



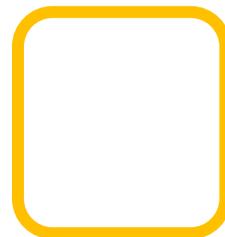
Have 3 goes!
Your score will be out of 18!

Sock Jump



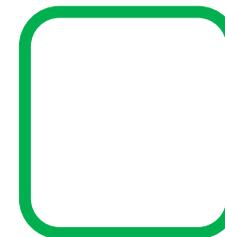
Measure to the nearest cm!

Rainbow Sock Throw



How many can you do in 1 minute?

Jump In Your Socks



Measure to the nearest cm!

