



# Meadgate Sock Olympics



Sports Day is looking a bit different this year.  
So we have decided to do something just for the fun of it.

We are holding ....The Sock Olympics!

You will need

- ✓ Some socks rolled up into a ball
- ✓ A timer on a watch or mobile phone
- ✓ A tape measure or ruler
- ✓ A score sheet for each child participant

There are 8 different activities outlined below for you to do at home.

Have a go at them all and record your scores on the score sheet.

Take some photos if you can and post them on the VLE in the BLOG section for all to see.

When you have completed all the activities and recorded your scores, take a photo of the whole scoresheet and send it in via the VLE to your class blog or to your teacher in messages. Make sure we can see the scores.

We will total them all up and announce the winning house once we have them all.

Grown-ups can join in too, but scores for children only please.

# The Activities - [Mr Figg has posted videos on the class page section of the website](#)

## Underarm Sock Throw.

Find a good starting point then throw your sock ball as far as you can.

Measure and record your distance to the nearest cm.

## Sock Catch

See how many times can you throw and **catch** your sock ball in one minute.

Count and record your number of catches.

## Sock Keepy Uppies

How many seconds can you keep your socks up in the air without dropping them. Use your feet **ONLY** and time until your sock ball hits the floor.

Record how many seconds you managed.

## Sock Basket Ball

Place a washing basket or bucket 3 m away and count how many times you can throw your sock ball into the bucket in one minute. Grab it quickly after each throw!

Record how many times you got it in

## Sock Bowling

Set up 6 skittles using toilet roll insides or empty water bottles or something similar. Stand 3 m away and see how many you can knock down in 3 throws of your sock ball.

Record the total number of knock downs

## Sock Jumps

Place your sock ball on the floor and count how many jumps you can do in 1 minute. 1 jump is over **AND** back.

Record the total number of jumps

## Rainbow Throws

Throw your sock ball back and forth from hand to hand like a rainbow arch and count how many you can do in a minute

Record how many throws you managed

## Long Sock Jump

Place your socks on the floor and stand next to them. Take one long jump and measure how far you managed to jump

Measure and record your distance to the nearest cm.

# Your Scoresheet

Name \_\_\_\_\_

House \_\_\_\_\_

(If you are not sure, your teacher will check for you)

## Underarm Sock Throw.

How far did you throw your sock? \_\_\_\_\_cm

## Sock Catch

How many catches did you do in 1 minute? \_\_\_\_\_

## Sock Keepy Uppies

How many seconds did you keep your sock up? \_\_\_\_\_

## Sock Basket Ball

How many did you get in the basket in 1 minute? \_\_\_\_\_

## Sock Bowling

How many skittles did you knock down in 3 throws? \_\_\_\_\_

## Sock Jump

How many times did you jump over AND back? \_\_\_\_\_

## Rainbow Throw

How many Rainbow Arches did you throw in 1 minute? \_\_\_\_\_

## Long Sock Jump

How far did you jump from your sock ball? \_\_\_\_\_ cm