Welcome to the Greenway Sock Olympics!

This year, Sports Day is looking a little different! Due to the Tokyo 2020 Olympics being postponed until 2021, Greenway have 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!

When you have completed the activities, send the score card to kai.lewis@greenway.herts.sch.uk
I will then try to work out which house group from each year group were the winners.

Greenway Sock Olympics Results Table!

Blue Team

Teachers

Red Team

Yellow Team

Green Team

Greenway

Sock Olympics Activity Card!

Sock Throw

Choose a starting position then see how far can you 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?

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!

Greenway Score Card!

House Colour:_____

Name: _____ Class: _____

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?

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!