

# 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](mailto:kai.lewis@greenway.herts.sch.uk)  
I will then try to work out which house group from each year group were the winners.

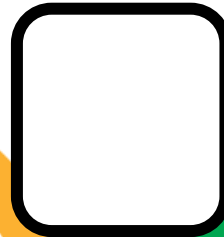
# Greenway Sock Olympics Results Table!



Blue Team



Teachers



Red Team



Yellow Team



Green Team



### **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?

# Greenway

# 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**

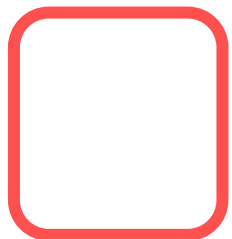
Put your socks into one hand & throw to your other, like a rainbow arch! How many rainbows can you throw in 1 minute?

### **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!

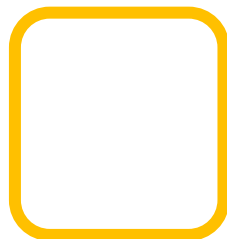


### Sock Throw



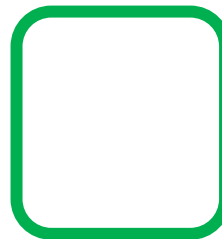
Measure to the nearest cm!

### Sock Catch



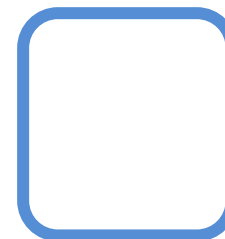
How many can you do in 1 minute?

### Sock Keepy Uppies



How many can you do in 1 minute?

### Sock Basketball



How many can you score in 1 minute?

## Greenway Score Card!

House Colour: \_\_\_\_\_

Name: \_\_\_\_\_ Class: \_\_\_\_\_

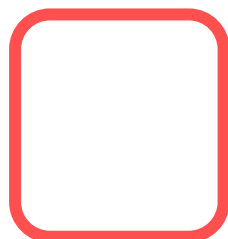


### Sock Bowling



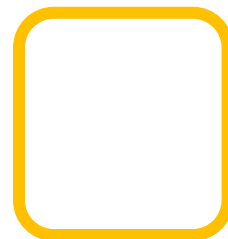
Have 3 goes!  
Your score will be out of 18!

### Sock Jump



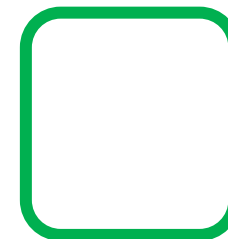
Measure to the nearest cm!

### Rainbow Sock Throw



How many can you do in 1 minute?

### Jump In Your Socks



Measure to the nearest cm!