

# Welcome to the Goldsborough and Sicklinghall Sock Olympics!



This year, Sports Day is looking a little different! Due to the Tokyo 2020 Olympics being postponed until 2021, we 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! You can invite members of your family or your friends to take part and record their scores

We'd love to see photos and videos of you carrying out the activities.  
Send us your scores in too!

### 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?

## Goldsborough and Sicklinghall

# 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!

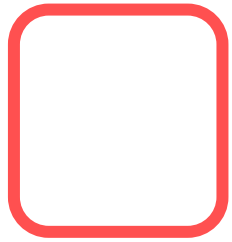
### Rainbow Sock Throw

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

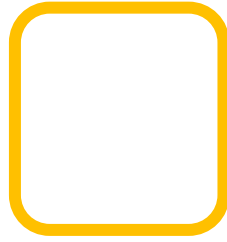
You can put your socks down for this one (or put them on!). Stand still and jump as far as you possibly can!

Sock Throw



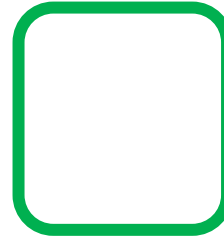
Measure to the nearest cm!

Sock Catch



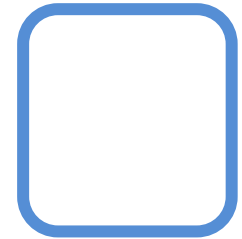
How many can you do in 1 minute?

Sock Keepy Uppies



How many can you do in 1 minute?

Sock Basketball



How many can you score in 1 minute?

**Goldsborough and Sicklinghall Sock Olympics Score Card!**

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



Sock Bowling



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

Sock Jump



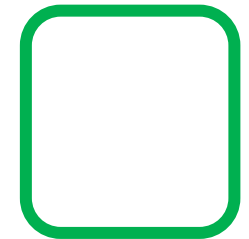
Measure to the nearest cm!

Rainbow Sock Throw



How many can you do in 1 minute?

Jump In Your Socks



Measure to the nearest cm!