

# Welcome to the TEAM GARLINGE Sock Olympics!



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

**You will need:**  
A ball of socks!  
Stopwatch/timer  
Tape measure  
6 empty bottles, cans or loo rolls

Have a go at the different activities and record your scores on the score card!  
When you have completed the activities, **send a clear photo of your score card to us before Friday 17<sup>th</sup> July to**  
[PE@garlinge.kent.sch.uk](mailto:PE@garlinge.kent.sch.uk)

We will add your points together with everyone else in your house colour and announce the winning team at the end of term on the school website!  
We would also love to see and share any photos/videos of you completing events!  
Please send these to  
[PE@garlinge.kent.sch.uk](mailto:PE@garlinge.kent.sch.uk)

### Sock Throw

Choose a starting position then see how far you can throw your ball of socks. Measure your throw to the nearest cm! If you do not have a tape measure count how many steps (heel to toe).

### Sock Catch

Throw your ball of socks into the air and see how many times you can clap before you catch them. You will get 1 point for every clap you do - remember you have to catch the socks to score!

### Sock Keepy Uppies

Can you keep your ball of socks up in the air using just your feet or just your hands?  
How many keepy uppies can you do in 1 minute?  
If you drop your socks, don't worry keep going and keep adding your score!

### Sock Basketball

Put a bucket or laundry basket 4m or 4 big steps away. How many times can you throw your ball of socks into the bucket, collect, return and throw again in 1 minute?

# TEAM GARLINGE

# Sock Olympics Activity Card!

### Sock Bowling

Set up 6 skittles (toilet roll tubes or empty bottles/cans). Stand 3m or 3 big steps away & use your ball of socks to knock them down! How many can you knock down in 3 separate throws? Score 1 point for each knock down.

### 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!  
Give yourself 1 point for every jump!

### 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?

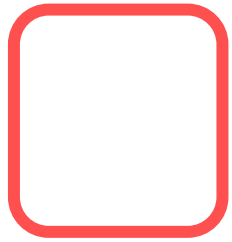
### Jump In Your

#### Socks

Put one sock down as your start. Jump 2 feet to 2 feet and put your second sock down where you land. Measure the distance between your socks - the further you jump the more points you get!

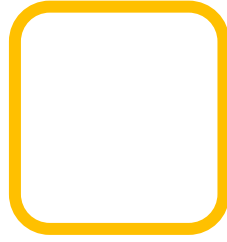


Sock Throw



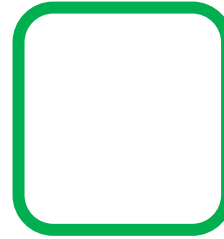
Measure to the nearest cm or steps!

Sock Catch



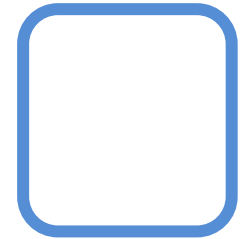
How many can you do in 1 minute?

Sock Keepy Uppies



How many can you do in 1 minute?

Sock Basketball



How many can you score in 1 minute?

**TEAM GARLINGE**

**Sock Olympics Score Card!**

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

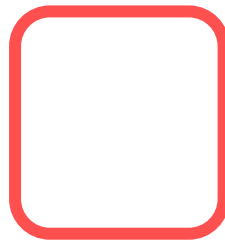


Sock Bowling



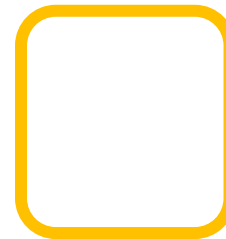
Have 3 goes!  
Your score will be out of 18!

Sock Jump



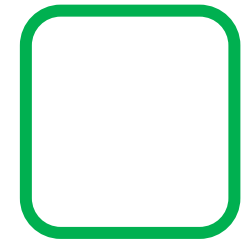
Measure to the nearest cm or steps!

Rainbow Sock Throw



How many can you do in 1 minute?

Jump In Your Socks



Measure to the nearest cm or steps!