

Welcome to the Keston Sock Olympics!



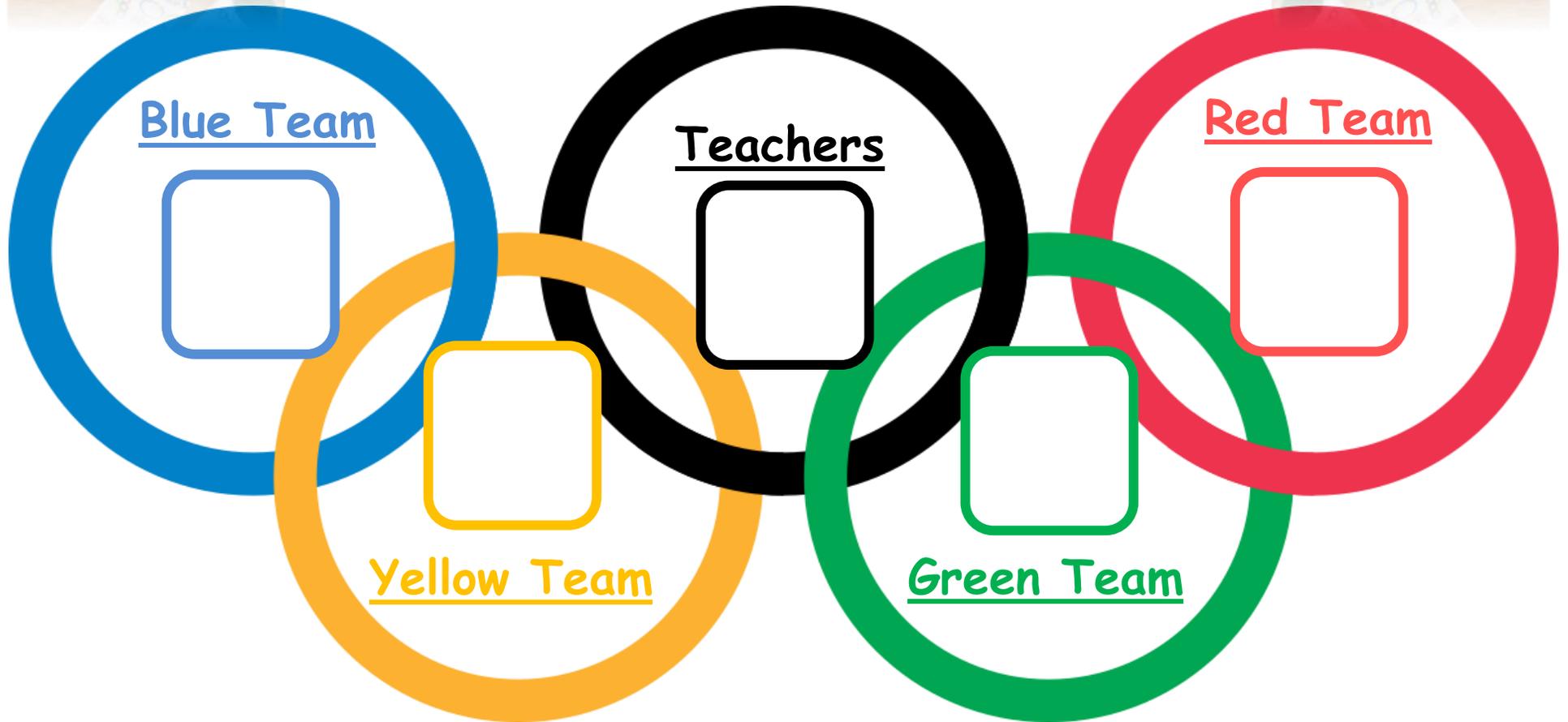
This year, Sports Day is looking a little different! Due to the Tokyo 2020 Olympics being postponed until 2021, Keston have planned a Sock Olympics just for you!

You will need:
A ball of socks!
Stopwatch/timer
Tape measure
Teacher demonstration videos
(available on the school website!)

Have a go at the different activities and record your scores on the score card!
You can see teachers demonstrating each activity on our school website!
We would also love to see any photos/videos of you completing events!

When you have completed the activities, send a clear photo of your scorecard to sport@keston.croydon.sch.uk by Mon 13th July
We will then count up the points to find the winning Olympics team!

Keston Sock Olympics Results Table!



Sock Throw

From a sitting position see how far can you throw your ball of socks.

Measure your throw to the nearest cm!

Watch Miss Slater demonstrate this on our website!

Sock Catch

Hold the socks in 1 hand, throw them up and whilst they are in the air, touch the floor, stand up and then catch the socks with one hand! How many can you catch in 1 minute?

Watch Mrs Johnson demonstrate this on our website!

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?

Watch Mr Rosewell demonstrate this on our website!

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?

Watch Mrs Green demonstrate this on our website!

Keston 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?

Watch Mrs Cawkwell and Mrs Tribe demonstrate this on our website!

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!

Watch Mrs Johnson demonstrate this on our website!

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?

Watch Miss Clarkson and Miss Sutton demonstrate this on our website!

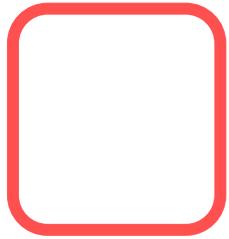
Jump In Your

Socks

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

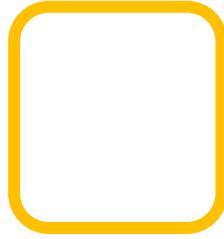
Watch Mr Andreotti demonstrate this on our website!

Sock Throw



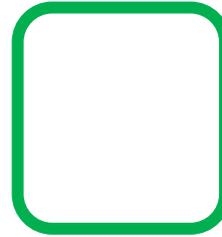
Measure to the nearest cm!

Sock Catch



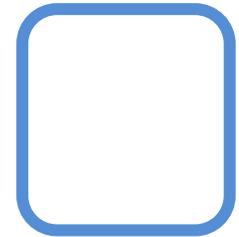
How many can you do in 1 minute?

Sock Keepy Uppies



How many can you do in 1 minute?

Sock Basketball



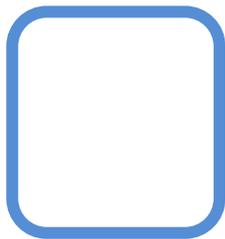
How many can you score in 1 minute?

**Keston Sock Olympics
Score Card!**

Name: _____ **Class:** _____

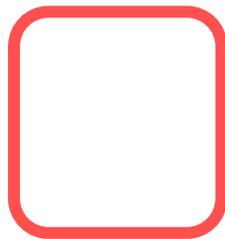


Sock Bowling



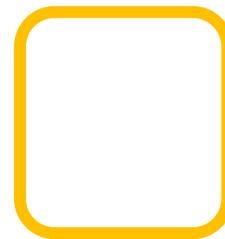
Have 3 goes!
Your score will be out of 18!

Sock Jump



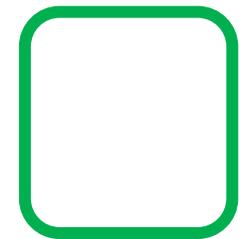
Measure to the nearest cm!

Rainbow Sock
Throw



How many can you do in 1 minute?

Jump In Your
Socks



Measure to the nearest cm!