#StayInWorkOut

Sock-ia

Primary or secondary challenge card

A game of precision, skill and tactics. The aim of the game is to get the ball (or socks!) as close to a white target ball (or socks!) as possible.

S T T E P

Ideas on how to adapt the activity in a national lockdown.

S – Space

- This could be played in whatever space is available As a tabletop game, in the living room or in the garden
- Change the size of the space to make it easier or harder

T – Task

- If the end is won, for the next one lose a sock. The winner is the first person to have no socks left
- Try playing a team game, you could be sat in different parts of the space

T – Time

- Set a time limit to play each shot

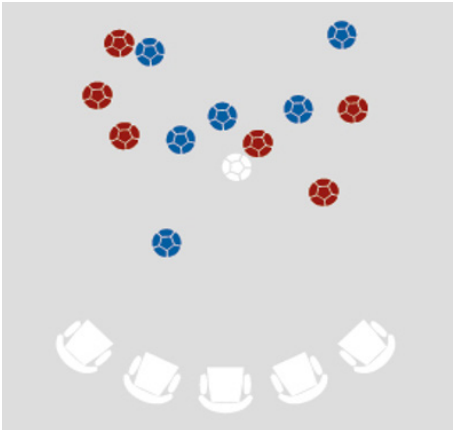
E – Equipment

- If you can't throw the socks yourself, you could use a chopping board or box lid to act like a ramp to roll your socks down
- Throw the socks with the opposite hand to how you would normally

P – People

- Make a house league with everyone in your house having to play each other
- Play individually, in pairs or teams

In action



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