

WEEK 1 - CHALLENGE

OVERVIEW

AIM: To send and retrieve pairs of socks from starting point to tins as many times as possible in 60 seconds.

Set Up and Rules

Place four pairs of socks (or similar sized objects) in a large bowl /hoop next to the starting point which could be a coaster.

Place a tin in a straight line at 1m, 2m, 3m and 4m away from the starting point.

On 'go,' take 1 pair of socks and place on the first tin, before returning to the bowl to get another pair of socks and take it to place on the second tin. Repeat for socks and tins three and four.

After placing the socks on tin four, return to starting point and then begin retrieving one pair of socks at a time and placing them inside the bowl starting with tin one, then two, three, four.

Repeat the process until the time stops. The socks must stay on top of the tin.

Each time you place a pair of socks on top of a tin or return a pair of socks to the bowl, you score a point.

How many pairs of socks can you send and retrieve in 60 Seconds?

COACHING TIPS

Pick up the socks with one hand, move it to the other hand and sidestep between the cones.

Bend low to place the socks on top of the tin so it doesn't roll off.

At Home Challenge

Socks send and retrieve

EQUIPMENT NEEDED

Watch

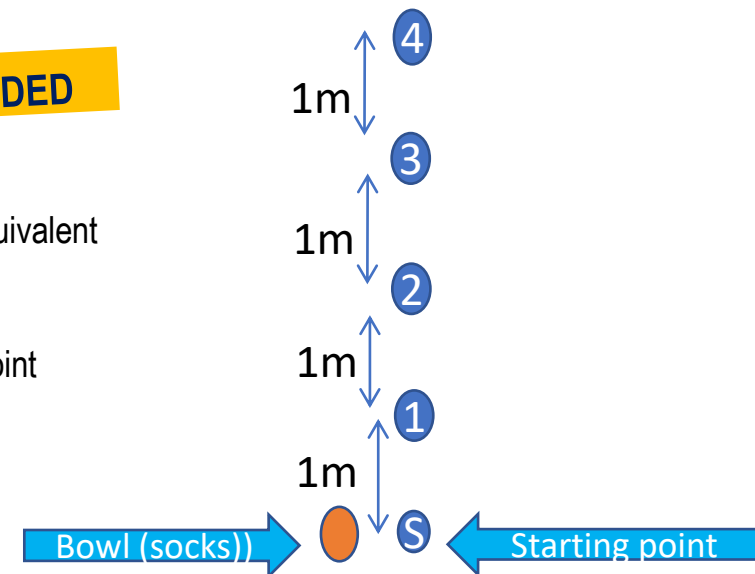
4 pairs of socks or equivalent

4 x tins

Large bowl

Coaster for starting point

Tape Measure



SCORING & JUDGING

Each Pupil has 60 seconds to send and retrieve as many pairs of socks as possible from starting point/bowl to each tin .

Each pair of socks placed on a tin or retrieved from a tin to the bowl scores one point.

The socks must be placed on the tin and within the bowl to receive 1 point (no throwing).

Partner/Sports Leader should give the starting instructions, time 60 seconds and count the number of successful sock sends or retrievals.