



We welcome our new year 5 to take part in Robert Bloomfield Academy Sock Olympics!



This year, Year 4 transition is looking a little different at RBA due to COVID, however we would love to have a chance to get to know you so have planned a Sock Olympics just for you!

You will need:

- A ball of socks!
- Stopwatch/timer
- Tape measure (distance throw)
- Paper (target throw)
- Washing line (crossbar challenge)
- Bucket or Bin (sock basketball)
- Toilet roll tubes/empty plastic bottles (bowling)

Have a go at the different activities and record your scores on the scorecard!
We would also love to see any photos/videos of you completing events!

When sending a photo or video all we need to know is your full name to ensure we can award you a house point.

When you have completed the activities, **send us a picture/video or email your result to Head of PE**

Srobson@bestacademies.org.uk or tweet RBA_PEdept. Alternatively hand them to your tutor in the first week of term!

We will look forwards to sharing them and award you with you first house points.

Sock Distance

Throw

Choose a starting position then see how far you can throw your ball of socks. Measure your throw to the nearest cm! Best of 3 throws.

Just like ball throw.

Sock Target

Throw

Choose a starting position then see if you can throw your ball of socks into 3 targets set out on the floor with paper. How many attempts does it take you to reach each target 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, bin 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?

A bit like a basketball relay!



Robert Bloomfield Academy

Sock Olympics Activity Card!



Sock Bowling

Set up 6 skittles (toilet roll tubes or empty bottles will work). Stand 3m away & use your ball of socks to knock them down! How many can you knock down in 3 separate throws?

Speed Bounce

Place your ball of socks on the floor and see how many times you can jump over them and back in 1 minute!

Just like speed bounce.

Rainbow Sock

Throw

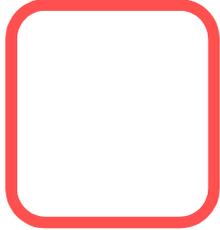
Put your socks into one hand & throw to your other, like a rainbow arch over your head! How many rainbows can you throw in 1 minute?

Sock crossbar challenge

Using the top of a doorframe/a fence post/a tree branch/washing line, see how many times you can hit the 'crossbar' in 1 minute.

Sock

Distance Throw



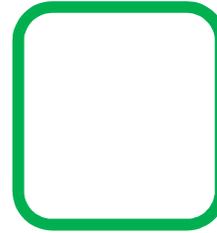
Measure to the nearest cm!

Sock Target Throw



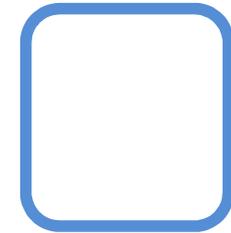
How many can you do in 1 minute?

Sock Keepy Uppies



How many can you do in 1 minute?

Sock Basketball

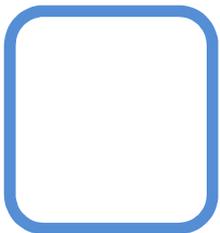


How many can you score in 1 minute?

**Robert Bloomfield Academy
Sock Olympics Score Card!**

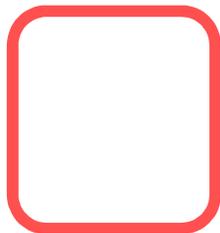
Name: _____

Sock Bowling



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

Sock Jump



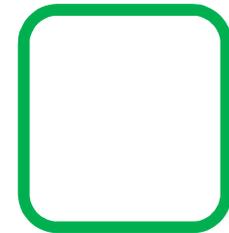
Measure to the nearest cm!

Rainbow Sock
Throw



How many can you do in 1 minute?

Cross bar
challenge



How many can you do in 1 minute?

