



AROUND THE SOCK

Ages 7+ | Individual | 1 player

AIM OF THE GAME



- ▶ How quickly can you move around the clock made of socks.

EQUIPMENT



- ▶ Four socks of different colours or patterns and a stop watch or timer.

HOW TO PLAY



- ▶ Find a space on the floor and place four socks in a circle like a clock. One sock at 12 o'clock, one sock at 3 o'clock, one sock at 6 o'clock and one sock at 9 o'clock.
- ▶ Set yourself in the middle of the sock clock, getting into a press up position.
- ▶ When the timer starts, keep your feet in the same area and use your hands to walk your body in a circle, just like hands on a clock. How many quarter turns can you make in 30 seconds?

GAME VARIATIONS



1. Try different positions i.e. hands stay in the middle and move your outstretched feet around in a circle with your tummy facing up or on your side. Can you come up with other ways to move around?
2. Within the press up position have a small ball under your left hand that you must roll to your right hand before moving around clockwise. Roll from your right to your left hand if going anticlockwise.