



Sock-lympics

Attention, indoor athletes!

It's time to compete for the gold medal! Set up these four different events, and compete with your friends or family. But first, make sure you find the right space. You'll need to remove any breakable objects from the area.



Use a washing basket, and take turns being 'striker' and 'goalie'. Each 'striker' gets ten chances at getting the sock soccer ball into the 'net'. Tally your points at the end.



Build your own basketball hoop using a circle of paper or cardboard. Tape it to a piece of cardboard and attach it to the wall. Take turns shooting hoops with a ball of socks, with one person as the shooter and one person as the defender. Play for three minutes each, and tally how many hoops



Pick five sock balls each and keep one brightly coloured sock aside - this will be your target. Using an underarm throw, toss the target sock into your 'playing field' (a hallway works well for this game). Next, take turns throwing one of your sock balls toward the target using an underarm motion. The winner is the person who gets their sock ball the closest to the target.



Agree on a racing track, it could be straight between two points or a windy track that has you moving around furniture and in and out of rooms. Place a sock in each hand and hold your hands out in front of you with your palms up and your hands flat. As you race around the track, balance the socks on your flat hands making sure they don't roll off. If you drop a sock, return to the start line and try again.

Make it harder

Can you make the sock-lympics into a continuous timed event?

For basketball and soccer, spend 3 minutes at each station.

A program developed by

health+wellbeing
Queensland

An initiative of



Queensland
Government