

EQUIPMENT:

Socks, washing basket or bucket (white squares in diagram)

ACTIVITY:

Place 10 coloured socks per person around the space you are playing in
e.g. player 1 = 10 black socks, player 2 = 10 white socks

Players must run to the oppositions side and collect a sock of their colour

Once a sock has been collected they must run back and place it in their washing basket

Team to collect all their socks first wins

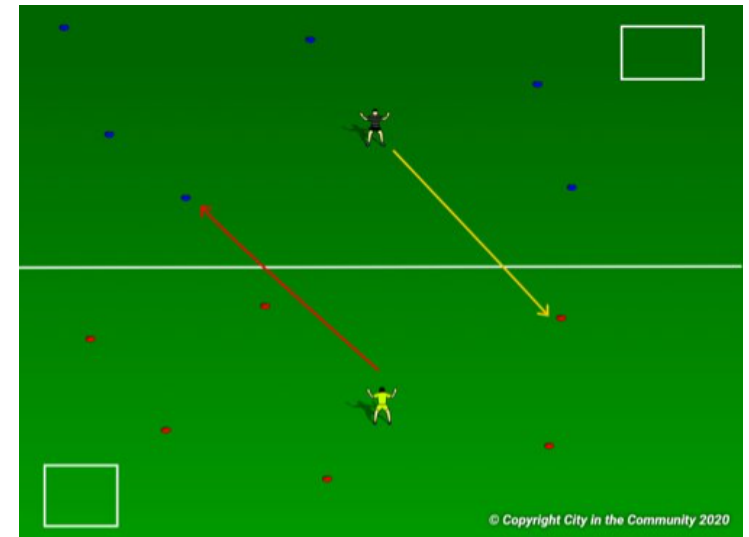
PROGRESSIONS:

Spread the socks out more or add more socks and see who can collect the most in a certain amount of time

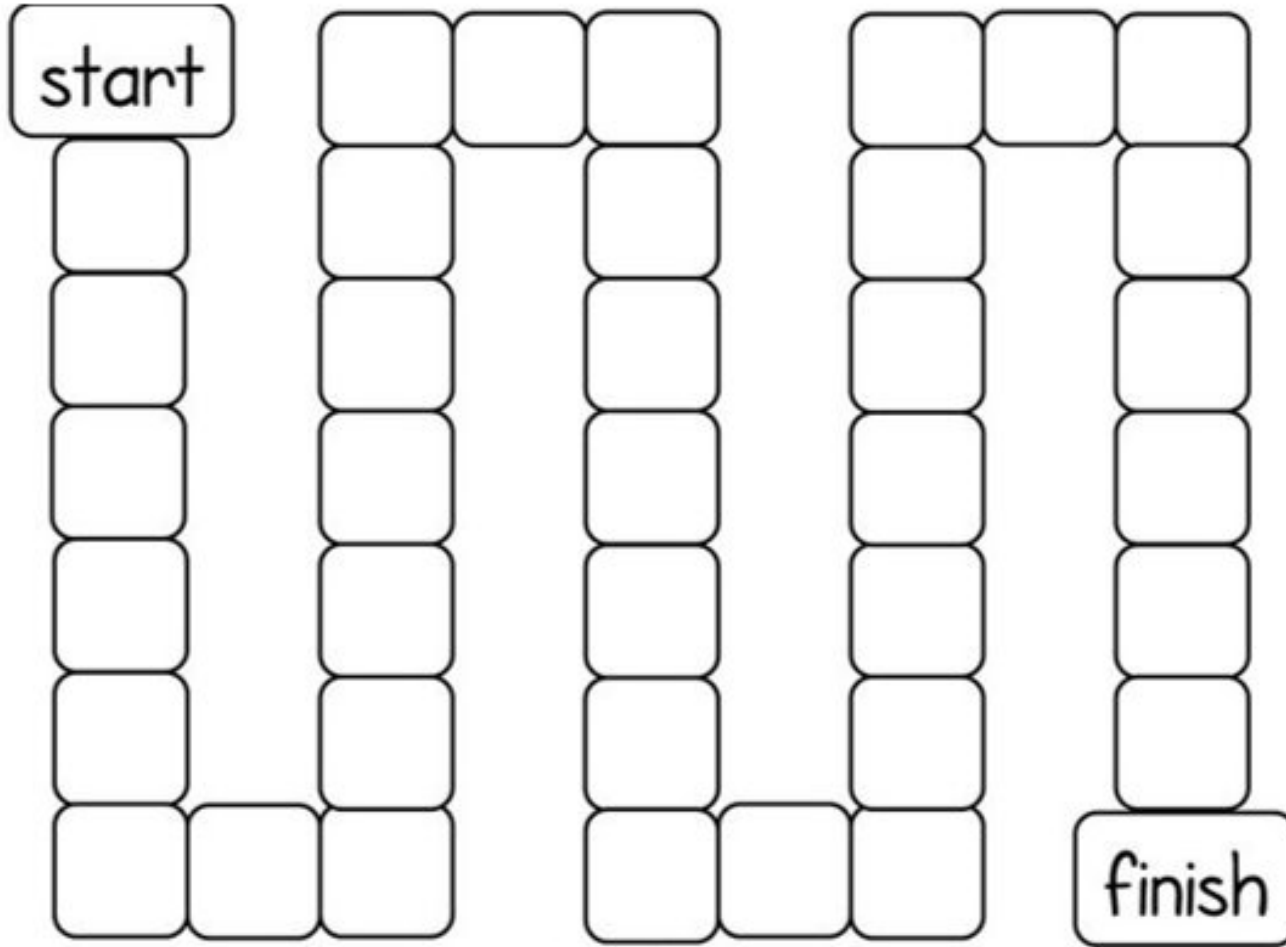


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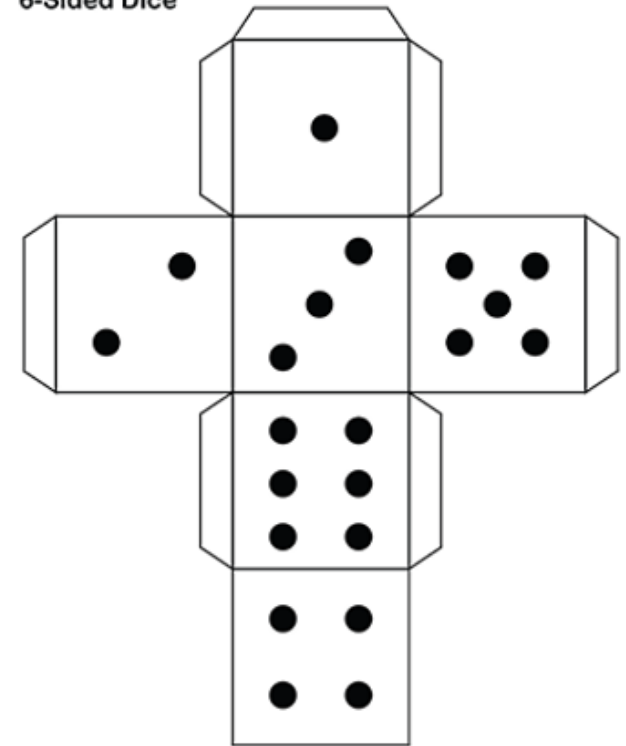
Be Active



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6-Sided Dice



Let us know how you get on with this challenge @citctweets