

Footwork frenzy



What you need: 6 socks

How to play:

- Place the socks into a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below. Three times for each challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopscotch.
 5. Rotate to turn sideways on each jump in the gaps.

Can you make up your own jumping pattern?

