

#### EQUIPMENT:

Pair of socks

#### ACTIVITY:

Before you put your socks on can you attempt the sock squat challenge?

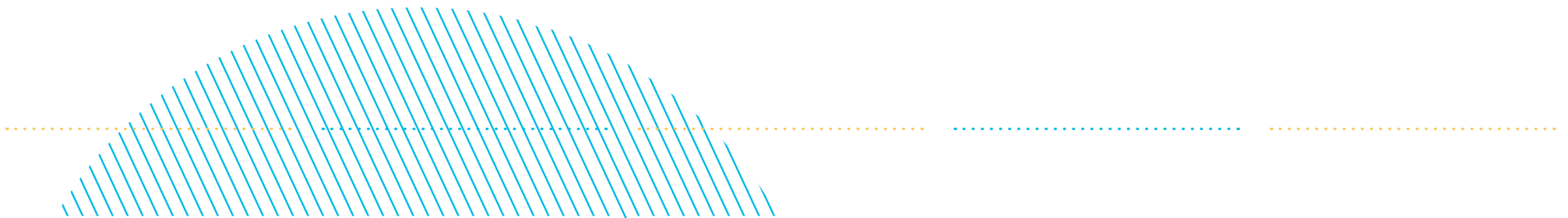
The challenge is to throw your socks (make sure there in a ball) up into air and catch them at the lowest point possible without dropping the socks or falling over

#### Step 1:

Stand with your feet shoulder width apart and your back straight. Gently, throw the socks in to the air just above your head height

#### Step 2:

Bend your knees to squat down towards the floor. Try to reach down with your hands and catch the socks at the lowest point you can



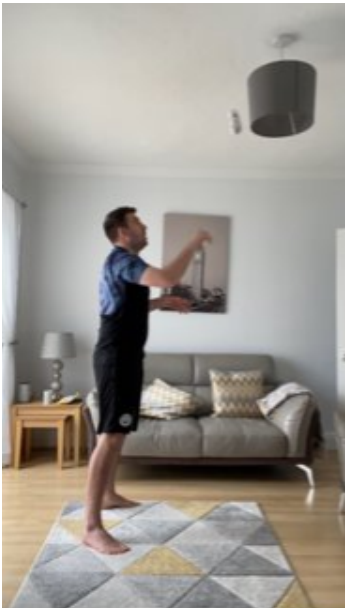
# CITC ACTIVITY PACK

## ACTIVE AT HOME

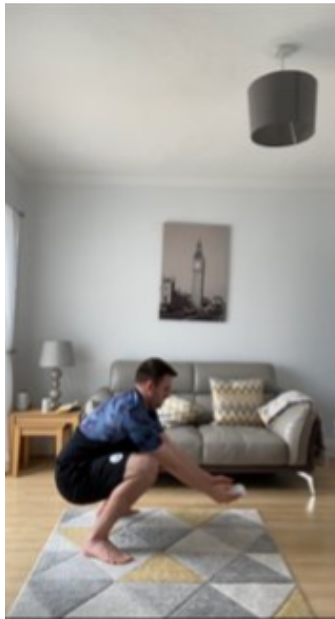


CITY IN THE  
COMMUNITY

**Be Active**



Step 1



Step 2

### **ADAPTATIONS:**

Change the object to a ball or a piece of fruit

Attempt a one handed throw & catch

Attempt one legged balance/squat

### **COMPETITION:**

How many can you do without dropping the socks? Or before your legs get tired? Can you challenge someone else in your house?

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