



Sock Hop



Equipment: socks, 2 boxes or bins, and markers (something to mark the starting spot)

Set-up: collect as many socks as you can and spread them out in an open area (inside or outside).

Mark 2 spots for the starting spots. Place the boxes off to the side of the markers.

Activity: students will be barefoot for this activity. On the “go” signal students will race to pick up a sock with their toes, with sock clinched in their toes, hop back to their box and drop it in.

The foot with the sock must be the foot in the air while hopping.

Students are allowed only 1 sock to pick up. If they drop it, they may pick it back up with their toes.

Once all socks have been collected, count to see who has the most.

No hands are used during this activity.