



Uttlesford School Sports Partnership Challenge

Date: Monday 1st February – Sunday 14th February 2021

'Around the World' Challenge

For this week's challenge you will need two pairs of socks rolled up together into a ball, and someone to time you for 30 seconds.

Keep your feet on the ground all the time. Hold the sock ball in one hand and take it:

1. Around one leg
2. Around the other leg
3. Around your waist

This counts as ONE 'around the world'. You will need to switch hands as you change legs and take it around your waist – you can switch hands whenever you want to.

How many times can you take the sock ball 'around the world' (around one leg, the other leg and your waist) in 30 seconds?

Please watch the video before attempting the challenge!

<https://www.youtube.com/watch?v=aZXiOXpgfNM>

Send through the following details to Jcoleman@swchs.net to enter:

1. Name
2. School
3. Gender
4. Year Group
5. Score (number of times you've completed it in 30 seconds)



Best of luck!