## 60 Second Challenge

Socks in the Box

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.

## #StayHomeStayActive

## Equipment

Socks and a Box! If you do not have a box use a bowl. Throw in unpaired socks as red hearings. Achieve Gold

20 pairs of socks

Achieve Silver

15 pairs of socks

Achieve Bronze









Believing in every child's future

Do you keep trying even if you struggle to match up a pair of socks?