

SOCK SHOOTOUT



Equipment Needed:

- 2 Pairs of socks (rolled into a ball)
- 2 buckets (or basket, shoe box, trashcan, etc)

Directions:

1. With a family member, place a set of small buckets about 3 feet apart from each other.
2. Each player performs an exercise 5 times prior to attempting a shot at the bucket.
3. If a player makes it into the bucket, they retrieve the sock ball and take 2 steps farther back from their previous position. If the player misses their shot they must retrieve the sock ball and perform the exercise again before attempting to take another shot at the same location.
4. The first person to make 5 baskets wins the game.

Possible Exercises:

Jumping Jacks, Sit-ups, Push-ups, Starbursts, Mountain Climbers, Elevators, Windmills, Wacky Jacks