

Day Two: May 2, 2020

6 ACTIVE GAMES KIDS CAN PLAY WITH A PAIR OF SOCKS

COVID-19 has forced Canadian families into isolation at home, and it's very important that we stay physically active during this stressful time. It's essential for the physical, mental, and emotional health of parents and children alike.

Here are a few simple games with sock balls that kids can play indoors with limited space and "equipment"—including single-player games kids can enjoy even when a parent or sibling isn't able to join them.

Start by raiding your sock drawer: each of the following games requires making one or more simple balls using two or three clean pairs of large socks, rolled inside each other.

Games for One or More

1. Sock Ball Soccer

This game can be played one of two ways:

- a) One child alone can practice kicking the ball at a "goal" of their choice: living room sofa, door opening, or laundry hamper laid on its side.
- b) Two or more children (and parents) can play one-versus-one or two-versus-two in a small space.

Note: goals don't need to be identical. One team can defend a sofa, the other team can defend a doorway, etc.

2. Sock Ball Basketball

Two ways to play:

- a) One child alone can practice throwing their ball into a laundry hamper, small cardboard box, or another household container from different distances and angles.
- b) Two or more children (and parents) can play one-versus-one or two-versus-two in a competitive shootout challenge. Take turns shooting from different distances and different heights and angles.

3. Bowling with Sock Balls

- Make three sock balls.
- Clear a floor space in your house (such as a hallway) approximately one metre wide by five to seven metres long. Be sure to remove breakable objects.
- Set up six empty milk cartons or empty plastic bottles as bowling "pins" at one end of the space.
- Roll the sock balls on the floor and try to knock over the pins!

One child can play alone after a parent shows how to set up the bowling pins. Two or more children (and parents) can play against each other in a competition. If you have big differences in age, let smaller children bowl closer to the pins.



Games for Two or More

4. Sock ball dodgeball

- Make two or three small sock balls per person using one pair of socks, rolled inside each other.
- Choose a play space in your home that's free of breakable objects, or remove the breakable objects before playing. Play space can be any room where you're not likely to trip on obstacles and hurt yourself in the excitement.
- Two children (or a child and parent) try to hit each other with their sock balls. If you have more players, you can play any combination you want, such as two-versus-two, or three-versus-two, etc.
- After each throw, opponents can pick up sock balls from the other players and throw back at them.
- Opponents are only permitted to throw from their "home base." Home base can be a sofa, a bed, or other designated space at one end of your playing area.
- Play is continuous—there is no "elimination" after being hit—just keep throwing.

5. Sock ball batting

- Make a sock ball using two or three pairs of large socks rolled inside each other.
- Find a cardboard tube or roll a newspaper with tape to use as a baseball bat.
- Choose a play space in your home that's free of breakable objects, or remove the breakable objects before playing. Play space can be any room where there's enough space for a batter to swing the bat and the pitcher to throw the ball to the batter.
- Two children (or child and parent) can take turns pitching and batting the sock ball.
- If you have more than two players, the extra players can take turns as "fielders" (behind the pitcher) and try to catch the ball after it has been hit.

6. Sock ball throw and catch

- Make a sock ball using two or three pairs of large socks rolled inside each other.
- Choose a play space in your home that's free of breakable objects, or remove the breakable objects before playing. Play space can be any room where there's enough space to throw a distance of three to five metres without obstructions.
- Two children (or child and parent) stand three to five metres apart and throw to each other.
- Start with gentle underhand throws for young children and any children who are unfamiliar with throwing and catching a ball.
- As throwing and catching improves, throw faster, throw overhand, and even try trick throws (such as throwing from behind your back, under your legs, or from behind your head).

It's not easy to be shuttered indoors, but these are some simple ways that kids can stay active and distracted. Along the way, they'll also be developing fundamental movement skills and [physical literacy](#) while hopefully letting off some stress.

For more simple activities you can do to develop physical literacy at home, visit activeforlife.com/activities.

DISCLAIMER: The CVRD is not responsible for any harm, including bodily or infrastructure, that may be caused as a result of doing this activity at home, so please use your discretion and participate within the scope of your abilities, knowledge and comfort level. Please feel free to alter this activity to suit your needs, and remember to be safe and have fun!

Active for Life Sock Ball Games

1. PREPARE YOUR PLAY AREA



Remove breakable objects such as lamps, electronics, flower vases, etc. The play area can be a bedroom, living room, or anywhere there is enough space to throw, catch or kick a ball and swing a simple bat. Objects like pillows, chairs, sofas and boxes can be used as goals or targets for some games.



2. MAKE A SOCK BALL

Roll and fold a pair of socks inside each other. For larger balls, use 3-4 pairs of socks, or use heavy adult-size work socks.

3. GET READY TO PLAY!

SOCCER

One player: Practice shooting on a “goal” (living room sofa, door opening, laundry hamper laid on its side).

Two or more players: Play a game 1-versus-1 or 2-versus-2 (use sofas, doorways, etc. as goals).



THROW AND CATCH

Stand 3-5 metres apart and throw to each other.

Start with gentle underhand throws.

As throwing and catching improve: throw faster, throw overhand, and even try trick throws (throw from behind your back, under your legs, from behind your head, etc.).

BASKETBALL

One player: Practice shooting on a “basket” (laundry hamper, small cardboard box, or other container turned upright).

Two or more players: Play 1-versus-1 or 2-versus-2 in a competitive shootout challenge. Take turns shooting from different distances. No blocking allowed.



DODGE BALL

Make two or three sock balls per person.

Players are allowed to pick up balls from opponents and throw back at them.

Players are only permitted to throw from their “home base” (sofa, bed, or other designated place).

No “elimination” when you are hit—keep playing.

BOWLING

Set up 6 empty milk cartons or plastic bottles as bowling “pins.”

One player: One child can play alone after a parent shows how to setup the bowling pins.

Two or more players: Play against each other in a competition.



BASEBALL BATTING

Use a cardboard tube, roll a newspaper with tape, or get a plastic vacuum cleaner pipe to use as a baseball bat.

Take turns pitching and batting the sock ball

With three or more players, extra players are “fielders” who try to catch the ball after it has been hit.

After 10 hits, change batters.

