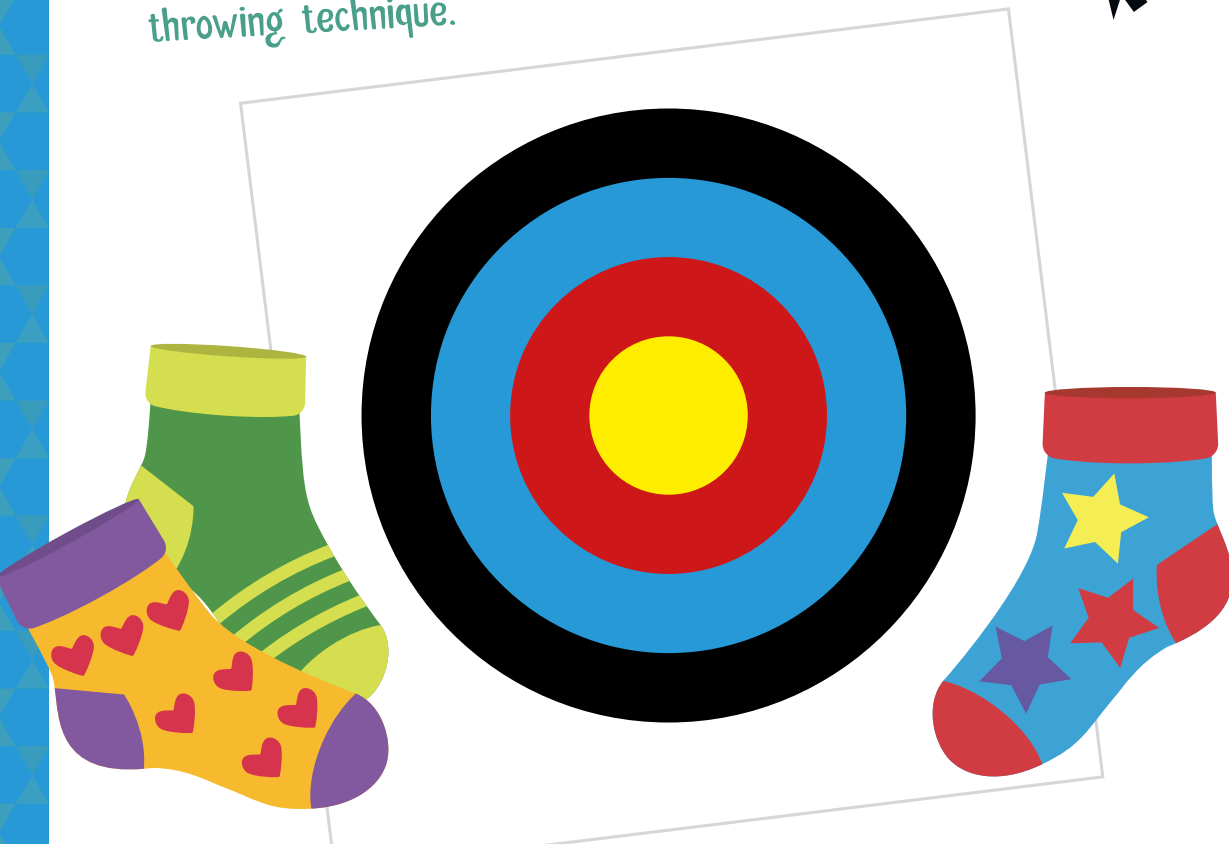


SOCK ARCHERY

Arm yourself with 3 clean socks and test your aim at your newly created paper target. Try out the different tasks to perfect your throwing technique.

**WATCH
THE VIDEO**

 tinyurl.com/HOC103



Set up: 15 mins build

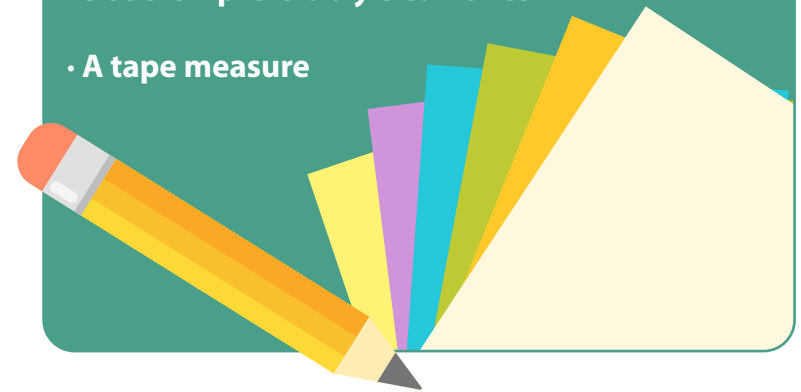
Takes: 30 mins

Where? Indoors/in garden

Who? Individual or as a family

You will need:

- Paper and sticky tape (eg Sellotape or similar)
- Pencil or pen
- A piece of string, cotton thread or wool yarn
- 3 socks – preferably clean ones
- A tape measure

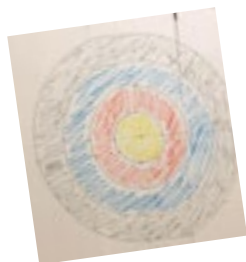


Safety

Children should remain supervised throughout.

Create your target

- 1** Lay 6 x A4 sheets of paper on the floor, sticky taped together to make one large piece. This is your blank target.
- 2** Turn the blank target over, find the centre point and mark it with a dot.
- 3** From this centre point, mark 4 dots at 6, 12, 18 and 24 cm above the centre point.
- 4** Mark 4 dots the same distance below the centre point.
- 5** Find a bit of string (or cotton thread/wool) and hold the string onto the centre point with one finger.
- 6** Tie a pen onto the string at 6 cm from the centre point – on top of your first dot. Then while keeping one finger on the centre point, draw a large circle making the first circle of your target – an adult may need to help with this bit
- 7** Repeat this for the other dots. This will give you 4 large circles. See photo.
- 8** Colour these circles in. Our archery targets have yellow in the middle, then red, then blue, then black and everything else left white. You should have something like the photo on the right. If you're doing this outdoors, you could use chalk on a paved area or peg out string into circles on the grass.



**WATCH
THE VIDEO**

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How to play sock archery

Find 3 socks – the more colourful the better. Turn them inside out. Roll these inside-out socks down from the ankle end to create 3 sock balls.

Lay your target on the ground in an area where nothing is likely to be broken if hit by a wayward sock arrow!

Take 3 BIG steps back from the target.

Take turns throwing your 3 socks, count the score after throwing all 3, based on where the socks end up after all 3 have been thrown - be careful not to knock your first attempt off with the second or third socks.

The scores are as follows: 10 points for the middle circle (yellow), 8 points for the second circle (red), 6 points for the third circle (blue), 4 points for the fourth circle (black), 2 points for landing on the paper but not on a colour and zero points for missing it entirely. If the socks rest between 2 colours, use the higher score.

www.hants.gov.uk/outdoors

Black
4 points

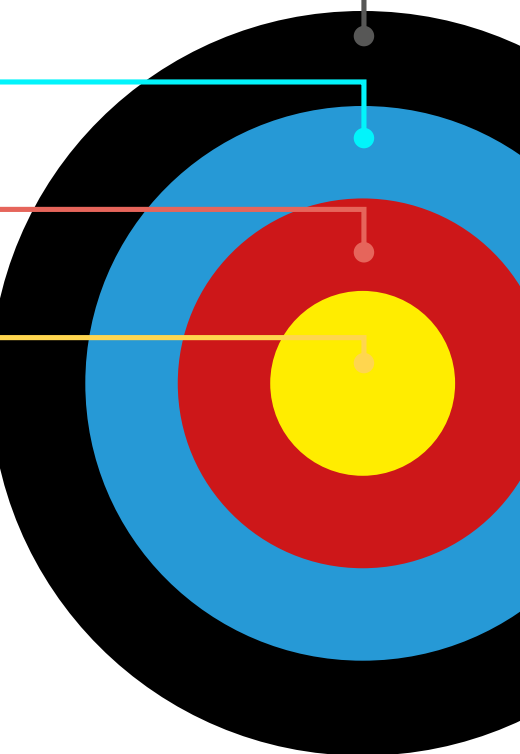
Blue
6 points

Red
8 points

Yellow
10 points

White
2 points

Miss
0 points



Share your game with us at
#outdoorcentresathome

Review and reflection

Although sock archery is a simple, fun-to-do activity there can be lots of learning and development to focus on.

Here are some questions to help you reflect on this activity. We use this kind of reflective exercise to get the most out of the activities at our centres.

Did you find a good throwing technique that worked for you?

Did you notice that you were improving the more you played?

What happens when you step further back from the target? Do you need to change your technique?

Games/Challenges

Try these games and challenges:

The classic

Best score from 3 throws. Compete with somebody else or keep track of your own scores to try to get the highest score possible.

Random number

Choose a random EVEN number between 2 – 30. Try to get that number by using all 3 socks.



The holiday game

Your 3 sock throws are going to determine; your holiday destination, your method of travel and who you are going to travel with. Decide on 5 travel destinations, 5 methods of transport and 5 people to go on holiday with. Start with your favourite choice (yellow, first circle) and work through the colours, with each option getting gradually worse until you have a terrible choice for the white or miss category. Use the table below to help you map these out.

Colour/Zone	Travel destination	Method of transport	Who you're with
Yellow (1st circle)			
Red (2nd circle)			
Blue (3rd circle)			
Black (4th circle)			
White or miss			

