

Oxfordshire School Games



Keepy Ups!

Equipment

One pair of balled up **SOCKS**
Stopwatch

Change it up!

- ◆ Close your eyes
- ◆ Use your non-dominant hand, or other body parts
- ◆ Alternate taps with a partner

The Challenge

How many keepy ups can you do with your hand in 30 seconds?

- ◆ Tap your **SOCKS** into the air with the palm of your hand, as many times as you can in 30 seconds
- ◆ If the **SOCKS** drop just pick them up and carry on until the time is up

Visit <https://www.activeoxfordshire.org/school-games/> for video instructions
#OxonSchoolGames

By submitting your results, photos or videos, you consent to us sharing these on our social media channels and on our website to promote the event and recognise participation.

