



RL ONLINE OLYMPICS

Instructions **Week Four**

Socks **In** Bucket

Watch this weeks instruction video [here.](#)

See if you can help your school to the top of the league

Download this weeks entry form [here.](#)

How to take part

1. Watch the instruction video on [youtube.](#)
2. You will need a bucket, some rolled up socks, a tape measure and a stopwatch.
3. You must stand 2 metres away from your bucket.
4. You must use an underarm throw technique.
5. How many socks can you get in your bucket in 30 seconds.
6. Upload your results to us using the [cognito form](#) link don't forget to fill out all your details.

Share your pictures and videos with us on [twitter](#) or [instagram](#)

