Sock ladder jumping

You will need : 5 socks (the longer the better)

What to do:

1. Find a place you can safely jump (outside if possible)

2. lay out the socks out with a space between each one

3. Jump 2 feet to 2 feet into the space between each sock. Run back to the start and repeat and try to land without touching the sock.

4. Now check out this video <https://twitter.com/MrsReidPE/status/1259799302123159553?s=20> and look below for other ideas of how to use this ladder.

Can you be creative with the jumps?

How many times can you repeat the jump ladder in 30 seconds?

Challenge someone in your house to beat your score.

Count in 2s, 5s and 10s when you are jumping.

Can you move the socks further apart? Or closer together? Which one is harder to do?

Start on 1 foot and land on 2 feet

Start on 1 foot and hop into the spaces