

CGS Virtual Events

Change4Life Target



Click or Scan the QR codes to see the set-up guide and a video example



Event information

- Create three target areas using shoes as shown in the document attached. Mix up the size of the target areas.
- Throw 5 pairs of socks attempting to land them in the target areas (they must stay in).
- Video your attempts and let us know what your personal best score is. Upload the video to the entry form and social media if you wish.

Equipment needed

- Yourself and a video camera, make sure you have permission to use the camera!
- 5 Pairs of socks each pair rolled together.
- Trainers/shoes to make target areas.

Please make sure you have read...

Scan or click the QR code for advice on how to stay safe online



Send your entries by scanning the QR code or clicking the link

<https://bit.ly/2L1cUM9>



Get Involved

Space

Space out your target areas. Challenge yourself to throw into furthest or adapt to throw to closest.

Task

Can you attempt more than once and beat your own score?

Equipment

Ensure you have permission to use equipment, can adapt what you throw and use to make targets.

People

Make sure you are The only person In the video.