

Simple activity to warm-up stackers and review stacking patterns

Grades K+



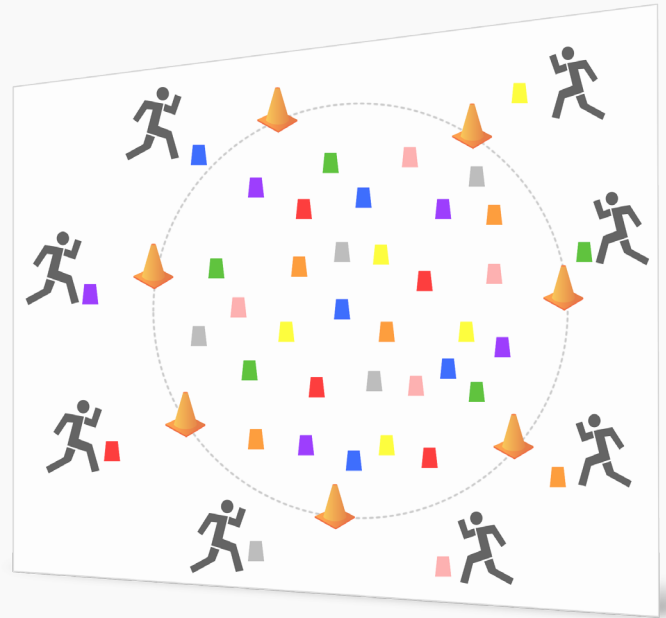
Equipment

- One set of Speed Stacks for every stacker
- Perimeter markers or cones

Set Up

Establish a perimeter with markers or cones. Build the perimeter as large as possible. Each stacker sets one cup on the floor outside of the perimeter and this cup is now their 'home base'.

Stackers then place their remaining 11 cups randomly inside the activity area. It's best to have colors mixed up and not clustered together. Once the stackers are finished placing their cups inside the activity area, they go back to their home base and wait for the 'go' signal.



How to Play

On the 'go' signal; stackers move in and out of the activity area collecting one cup at a time and returning it to their home base. The cups they collect must be the same color as their home base cup. Once stackers have retrieved all 11 cups, completing their set of 12, they stack a designated pattern, and then signal their completion by raising their hand.

Rules

- If a stacker knocks over a cup while they're inside the activity area they must fix that cup by placing it upright.
- If a stacker has retrieved a cup and then knocks over another cup inside the activity area, they must set their retrieved cup on the floor, fix the knocked over cup, then run back and touch their home base, before they can resume play.

Variations

- Choose an alternative locomotor skill for retrieving the cup like skipping or hopping.
- Choose a variety of stacking patterns or number of repetitions (3-3-3, 3-6-3, Cycle).
- Have stackers work in pairs stacking Doubles (Doubles stacking is when two stackers stack together. The stacker on the right is the right hand, and the stacker on the left is the left hand).

Simple Stack Tag



High energy game of tag combining sport stacking and movement skills

Grades K+

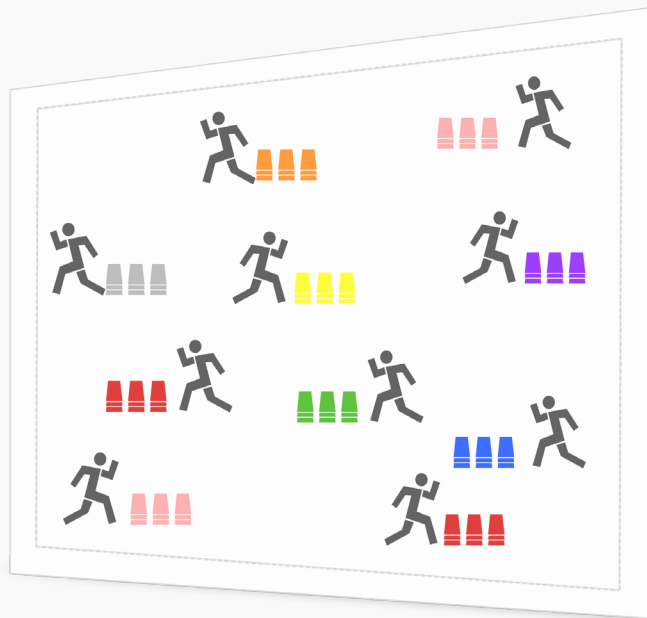


Equipment

- One set of Speed Stacks for every stacker

Set Up

Have stackers stand in random positions throughout the activity area with their Speed Stacks in front of them in a downstacked position. Determine which pattern will be stacked (3-3-3, 3-6-3, 6-6, 1-10-1, Cycle).



How To Play

In this game of tag, every player is 'it'.

On the 'go' signal, stackers chase and tag other players. A stacker who gets tagged must move to the nearest set of Speed Stacks and stack the designated pattern. Once the stacker has completed stacking, they may reenter the game and continue playing.

Rules

- If a stacker knocks over a cup or cups they must replace them in their original position.
- Because all players are considered 'it', the player to get tagged first is required to run to the nearest set of Speed Stacks upstack and downstack the pattern before reentering the game.

Variations

- Choose an alternative locomotor skill such as skipping or hopping.
- Choose a different stacking pattern, or number of repetitions stackers must stack, once they have been tagged.
- Hot Potato: Time 15-30 second intervals ending in a 'stop' signal for stackers to not get caught stacking.



Triple Up/Triple Down Tower Relay

Team based activity designed for movement fun

Grades K+

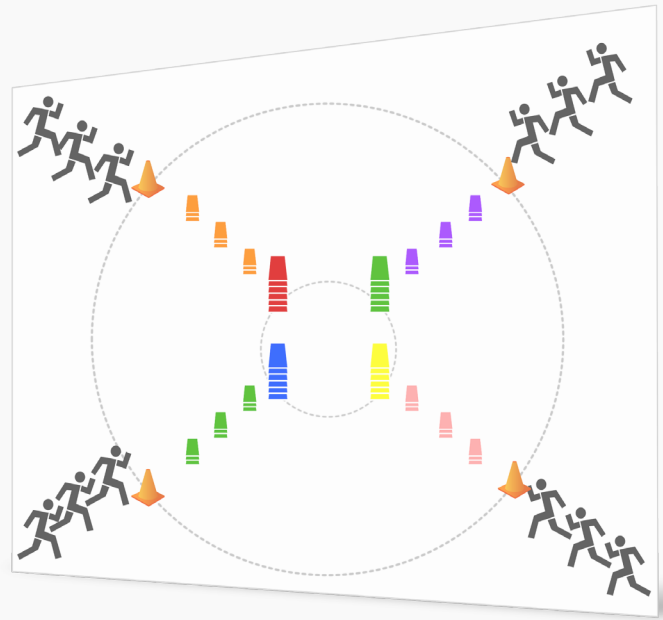


Equipment

- Six Speed Stacks Jumbos per team
- One set of Speed Stacks per team
- One cone or marker per team

Set Up

Begin by placing each team's set of Jumbos in the center of the gym. In this example we're going to set up the relay as a starburst design. Next, place a downstacked 3-3-3 starting three feet away from the center Jumbos. Space cups evenly apart and set cones or markers around the outside perimeter to represent the starting line for stackers.



How To Play

On the 'go' signal, the lead stacker upstacks the 3-3-3 pattern advancing toward the center Jumbos. Once the Jumbos are reached, the stacker takes one Jumbo and sets it on the ground, then runs back to tag the next stacker in line. The next stacker downstacks the 3-3-3 pattern and sets the next Jumbo cup on top of the previous one, stacking them end-to-end creating a tower. This pattern is repeated until all Jumbos are stacked in tower form. Remember, prior to reaching the Jumbos, each stacker is either upstacking the 3-3-3 or downstacking the 3-3-3 pattern, not both. Once the final Jumbo is placed, completing the tower, team members raise their hands in the air signifying their team's completion.

Rules

- Stackers must keep their feet behind the starting cone/marker until they are tagged by the returning stacker.
- If a stacker knocks over a cup(s) they must fix it to its proper position before continuing the race.
- If the Jumbo tower is knocked over, the stacker must fix the tower before continuing.

Variations

- Set up different patterns of cups on the path to the Jumbos (3-6-3, 6-6, etc.).
- Have stackers upstack and downstack on their way to and from the Jumbos.
- Have stackers up and downstack the Jumbo tower.
- Stack a Jumbo pyramid up/down at the end line.

Rock, Paper, Scissors



Classic fun mixed with fitness and sport stacking in this simple game

Grades K+

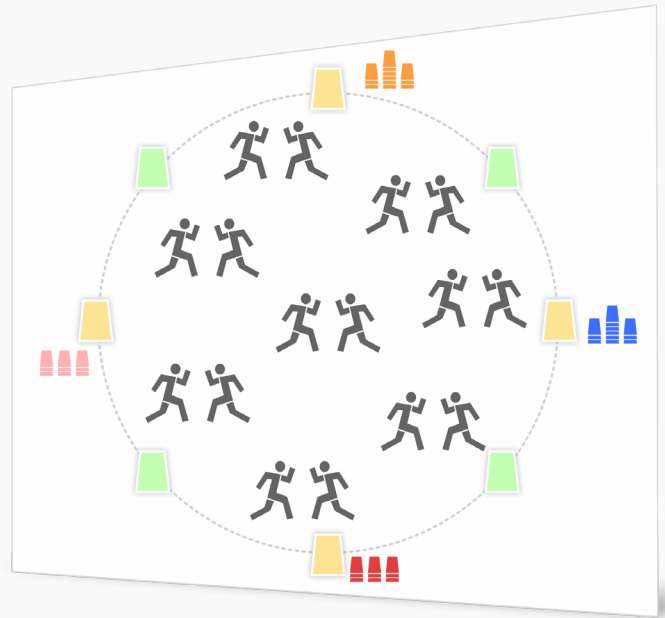


Equipment

- One set of Speed Stacks Stack Spots or activity poly spots
- One to three sets of Speed Stacks for each stacking spot

Set Up

Place the Stack Spots in a large oval on the floor to establish the activity area; be sure there's enough space inside the oval to comfortably fit every stacker. Place 1-3 sets of Speed Stacks in downstacked position near the stacking spots. Stackers inside the activity area partner up and stand back to back.



How To Play

On the 'go' signal stackers turn around, face their partner and play a round of Rock, Paper, Scissors. Whoever wins the round runs to a Stack Spot and completes the activity, on the spot. Once they've completed the activity, they run back into the activity area, find a new partner and play another round of Rock, Paper, Scissors. Stackers who don't win Rock, Paper, Scissors find a new partner and play again.

Rules

- Winning players must alternate between a Stack Spot or activity spot each time they win a round.

Variations

- To make this activity more movement-based, substitute hand signals in Rock, Paper, Scissors to full body signals.



Rock



Paper



Scissors

Stackers and Blasters

Fun movement activity that focuses on exercise and fundamental stacking skills

Grades K+

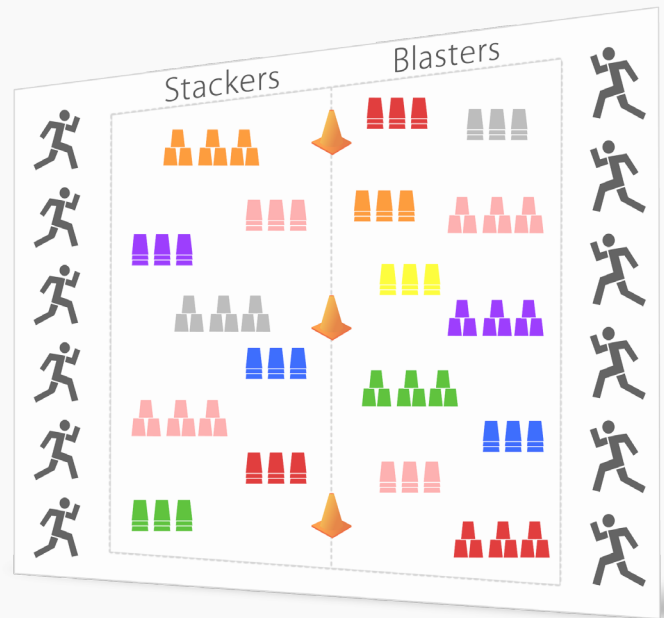


Equipment

- One set of Speed Stacks for each stacker

Set Up

Divide stackers into two teams. One team is the Stackers and one team is the Blasters. Each stacker gets a set of cups. Stackers set their cups in the upstacked position and Blasters set their cups in the downstacked 3-6-3 position. Make sure the upstacked and downstacked cups are randomly spread throughout the activity area. Once the cup set-up is complete, the Stackers and the Blasters teams line up on opposite sides of the gym.



How To Play

On the 'go' signal both teams run into the activity area. The Stackers upstack the downstacked cups; the Blasters downstack the upstacked cups. After a minute or less of game play, signal to 'stop' the game. Upon the signal, all Stackers and Blasters must finish upstacking or downstacking their cups. The winning team is determined by who has more upstacked, or downstacked cups. Because downstacking is typically faster, allow the Stackers a 5-10 second head start against the Blasters.

Rules

- If a stacker accidentally knocks over a set of cups, they must return them to their original position before continuing the activity.

Variations

- Switch the roles of the Stackers and the Blasters so that each player receives an opportunity to upstack, or downstack.
- Direct players to use various locomotor skills to move between upstacking/downstacking duties.
- Have stackers perform fitness exercises (sit-ups, pushups, flexibility) when upstacking or downstacking cups.



March Madness Final 4



Strategy and fitness activity that adds a competitive element to stacking

Grades 1+

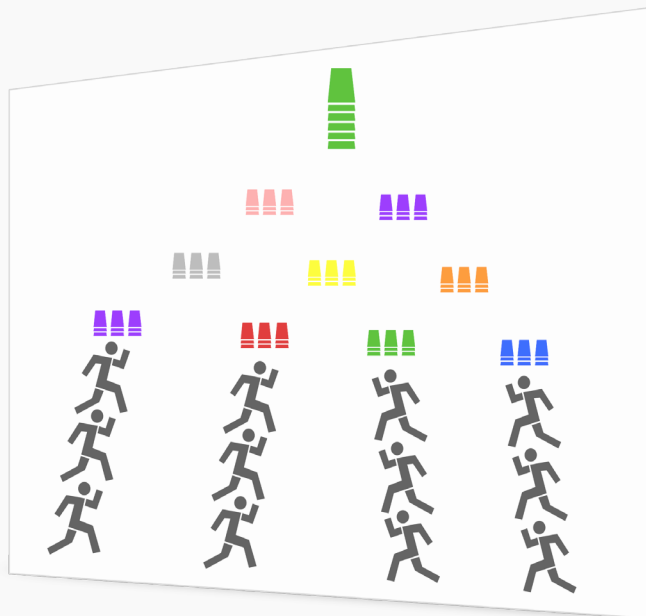


Equipment

- Nine sets of Speed Stacks per setup
- Six Speed Stacks Jumbos

Set Up

Place four sets of Speed Stacks in a downstacked 3-6-3 pattern in a row. Place three sets of Speed Stacks about six feet up in a downstacked 3-6-3. Then walk forward another six feet and place two sets of Speed Stacks in the 3-6-3. Finally place six Jumbo cups in column form six feet from the last row. The setup should be a pyramid shape. When placing the sets in each row separate them so that stackers can easily move in between them.



How To Play

The object of March Madness Final 4 is to be the fastest stacker through the first, second and third row reaching the Jumbos first.

To play March Madness Final 4, separate your stackers into four lines placed directly behind the first row of four sets. On the 'go' signal the first four stackers begin upstacking and downstacking the first row of 3-6-3. Since there are only three sets of Speed Stacks in the second row, the first three stackers to finish stacking will move up and begin stacking. The slowest stacker simply returns to a line and joins in when it's their turn. The remaining stackers in the game continue stacking and moving up the ranks until the fastest stacker reaches the Jumbo cups. The fastest stacker gets to stack one of the Jumbos into the designated pyramid or tower. The next round of stacking begins on the instructors 'go' signal. The fastest stacker returns back to a line to resume play.

Rules

- If any stacker knocks over or fumbles a set of cups they must return them to their original position before moving forward.

Variations

- Set up several pyramids around the activity area. These pyramids are where the fastest stackers pair up against each other for head-to-head competition. As stackers race each other they can rotate to another triangle and face a new challenger.
- Choose a different stacking pattern (3-3-3, 3-6-3, Cycle).



End Line / Straight Line Floor Relay

High energy collaborative team stacking race that's focused on movement and team cooperation

Grades K+



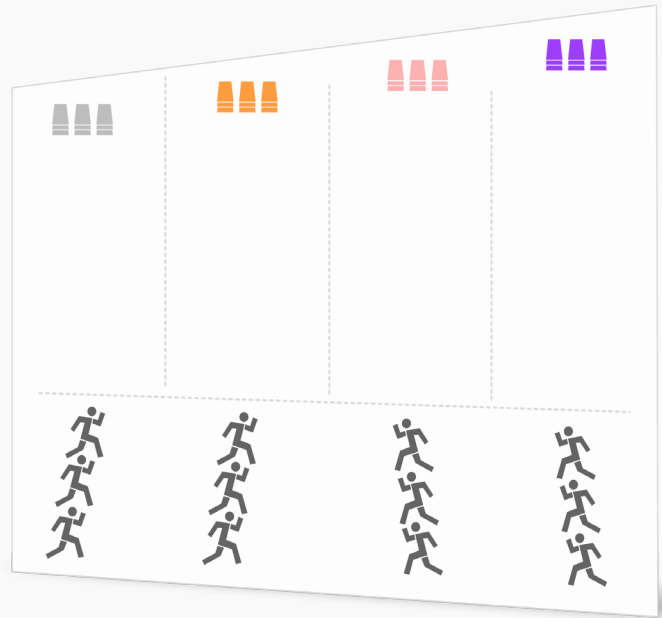
Equipment

- One set of Speed Stacks for every team
- Floor markers or cones.

Set Up

Establish relay lanes with markers or cones. Make the lanes wide enough so that stackers can move freely as they run up and down their lane.

Once lanes are established, one stacker from each relay team places downstacked cups of the predetermined pattern at the end cone of their lane or spaced equally down the lane (straight line). Stackers then form single file lines behind the start line and wait for the activity to begin.



How To Play

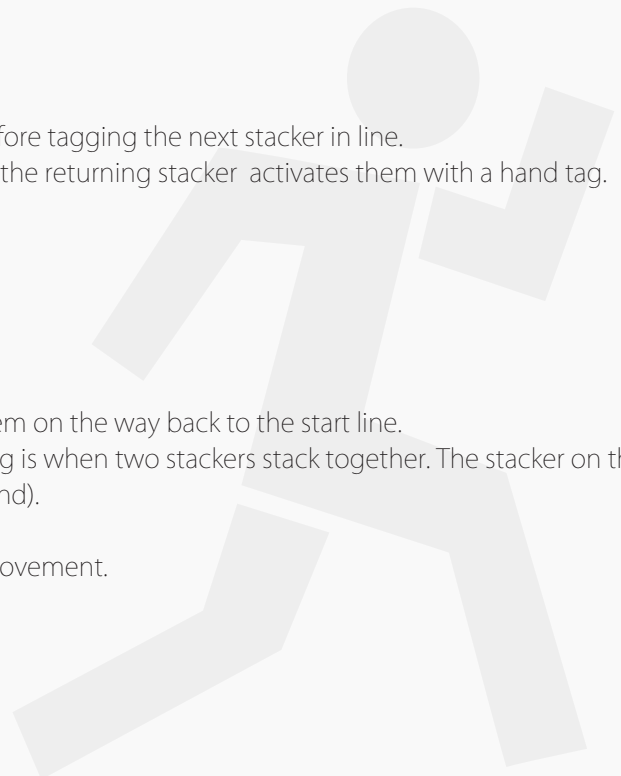
On the 'go' signal, the lead stacker in each lane runs to their set of cups to upstack and downstack. Once they've completed the pattern, they run back to the start line and activate the next team member with a hand tag. Repeat this pattern until every team member has a turn. Stackers signify their completion by sitting on the ground in their line.

Rules

- All fumbles must be fixed and cups must be downstacked before tagging the next stacker in line.
- Stackers waiting to go must remain behind the start line until the returning stacker activates them with a hand tag.

Variations

- Run a continuous relay for a set amount of time.
- Stackers upstack the cups in one direction and downstack them on the way back to the start line.
- Challenge your stackers by stacking Doubles (Doubles stacking is when two stackers stack together. The stacker on the right is the right hand, and the stacker on the left is the left hand).
- Use scooters or different locomotor skills.
- Add manipulatives like jump rope or ball skills for increased movement.
- Use Speed Stacks Jumbos.



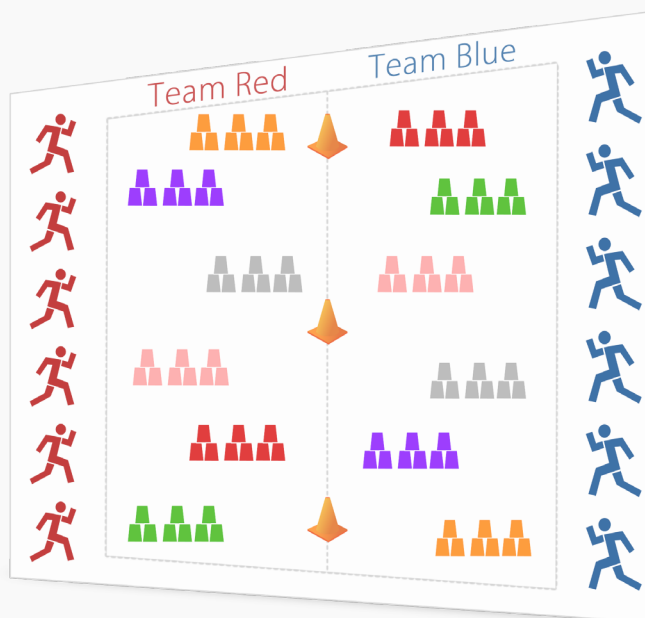


Equipment

- One set of Speed Stacks for every stacker

Set Up

Divide your stackers into two teams and assign each team one half of the activity area as their side. Each stacker upstacks a designated pattern somewhere in their half of the activity area before the game begins. All stackers go to their respective baselines and wait for the race to begin.



How To Play

On the 'go' signal, stackers run to the opposing team's side, downstack any set of cups, pick those cups up and run back to their side to upstack them. Stackers continue running back to the other team's side to downstack, collect cups and bring them back to their side to upstack. The winning team is determined by the team that has the most upstacked sets in their half on the 'stop' signal.

Rules

- Stackers may not touch a set of cups that another stacker is upstacking.
- Stackers may not wait next to a stacker who is upstacking.

Variations

- Pair stackers up and stack as Doubles teams. The stacker on the right side uses only their right hand and the stacker on the left side uses only their left hand.
- Use a different locomotor skill.
- Begin the game with downstacked sets of cups so stackers upstack and downstack before taking the cups to their half.
- Perform fitness exercises (sit-ups, pushups, flexibility) when upstacking and downstacking.



Survivor

Don't get caught in this movement and skill based activity

Grades K+

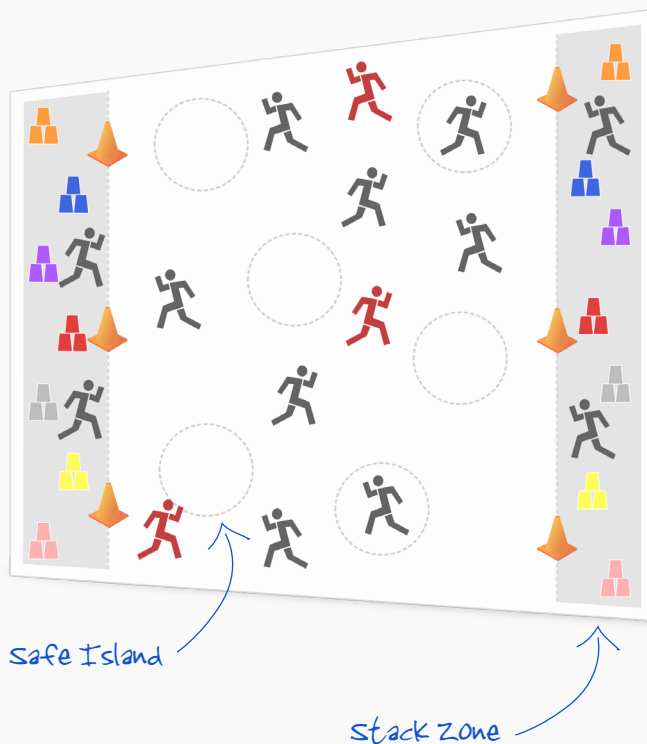


Equipment

- One Sport Pack or 15-20 sets of Speed Stacks
- Four to six hula hoops
- Eight to ten cones or floor markers
- Pinnies or scrimmage vests

Set Up

Scatter the hula hoops in the activity area to create "Safe Islands". Place cones or floor markers to separate the Activity Area from the Stack Zone, which is located on both ends of the activity area. Designate four stackers to be "Captors". The remaining stackers are the "Survivors", who move within the Activity Area, avoiding the captors. Within the Stack-Zone boundary, Survivors place 8-10 downstacked sets of Speed Stacks. Determine which pattern will be stacked.



How To Play

On the 'go' signal, Survivors try to avoid being tagged by the Captors. Survivors can enter a Safe Island. Only one Survivor can be on each island and they can only remain there for 3 seconds. Captors must remain at least five feet back from a Safe Island when there is a Survivor taking refuge. When a Captor tags a Survivor, the Survivor must immediately enter the Stack Zone and complete the predetermined stacking pattern the specified number of times. Survivors leave the Stack Zone once they have completed stacking and return to the Activity Area to avoid being tagged.

Rules

- Survivors may seek refuge on a Safe Island one at a time for a maximum of three seconds.
- Captors may not guard a Survivor seeking refuge on a Safe Island.

Variations

- Survivors that have been captured stack in the Stack Zone, but return to the Activity Area as Captors; the activity ends when there is only one Survivor left.
- Use different locomotor movements.
- Change the Stack Zone pattern or number of repetitions.
- Add fitness activities, Jumbos, or Speed Stacks Stack Spots in the Stack Zone.

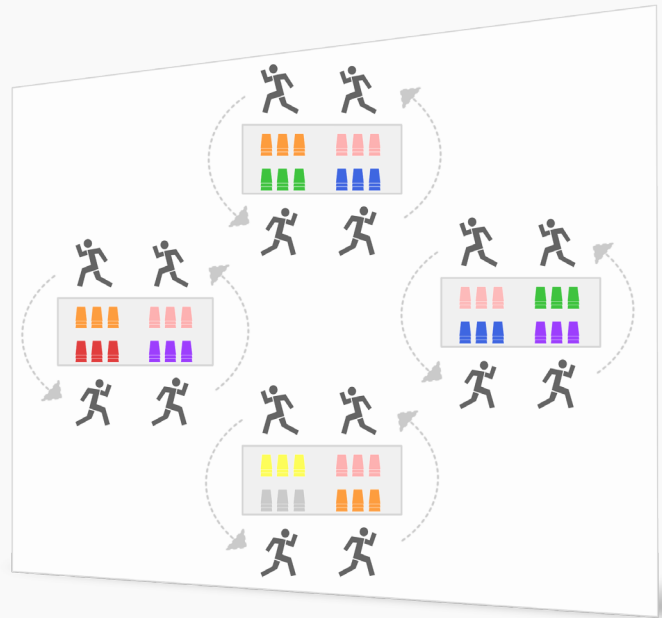


Equipment

- One set of Speed Stacks for every stacker
- One table for every four stackers

Set Up

Place tables so stackers can easily move around the table's perimeter. Place stackers four to a table with their cups downstacked in front of them and their hands resting on the table surface.



How To Play

On the 'go' signal, stackers upstack and downstack the determined pattern. Once all the stackers at a table complete the pattern, they move around the table to their right (counter clockwise) and begin stacking the next set of Speed Stacks. Stackers continue to stack and change positions around the table until you give the 'stop' signal.

Rules

- Make sure the proper stacking technique and patterns are followed.
- All fumbled cups must be fixed properly.
- Stackers may not pass each other.

Variations

- On the verbal 'switch' cue, stackers change their rotation and begin moving in a clockwise direction.
- Line a number of tables end to end and expand the 'Around the Table' stacking to accommodate a large group.
- Time the group using a StackMat after one complete rotation. One stacker starts and stops the StackMat after the single rotation.



Hound 'n Rabbit

Activate your stackers' hands and minds with this fun activity

Grades K+

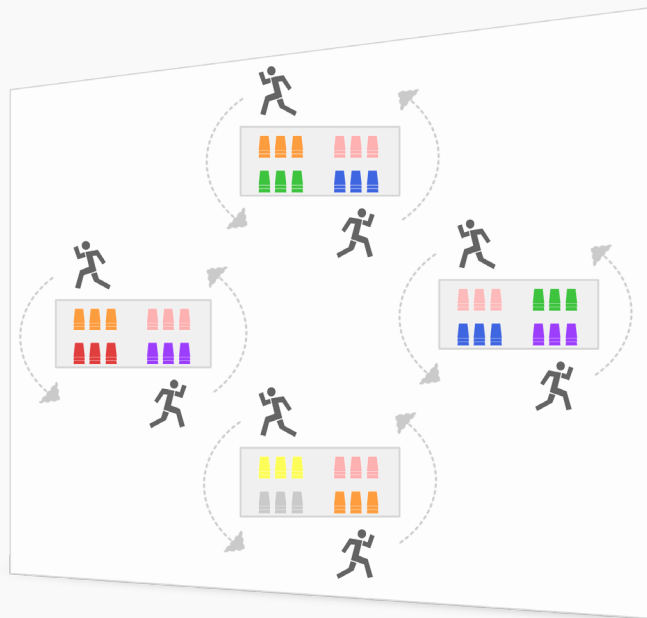


Equipment

- One set of Speed Stacks for every stacker
- One table for every four stackers

Set Up

Place tables so stackers can easily move around the table's perimeter. Place stackers two to a table on opposite sides diagonally across from each other with their cups downstacked and hands resting on the table. Designate one stacker as the 'Hound' and the other as the 'Rabbit'.



How To Play

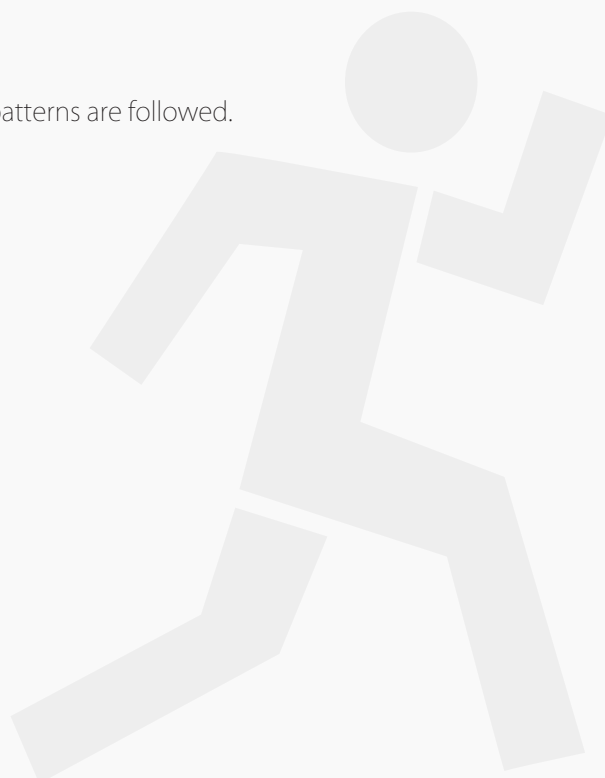
On the 'go' signal, each stacker upstacks and downstacks their set of cups. Once they've completed the set pattern, stackers rotate clockwise to the next set of cups and repeat the stacking pattern. The object is for the Hound to catch the Rabbit as they stack around the table. The Rabbit's goal is to not get caught by the Hound. Once the Hound catches the Rabbit or vice versa they'll switch roles.

Rules

- Stackers must make sure the proper stacking technique and patterns are followed.
- All fumbled cups must be fixed properly.

Variations

- Set a time limit for the Hound and Rabbit to switch roles.
- Stack different patterns.
- Move winning Hounds to different tables.



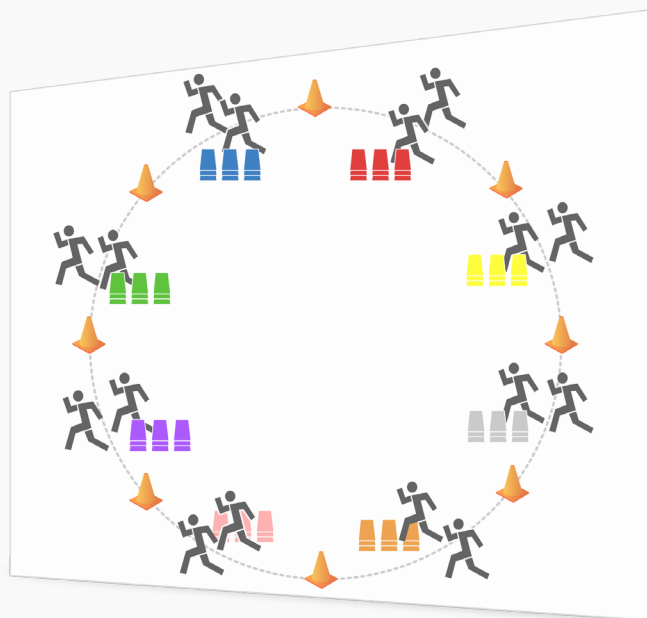


Equipment

- One set of Speed Stacks for each stacker pair
- One set of Speed Stacks Stack Spots

Set Up

Create a large oval randomly placing fitness and stacking spots along with sets of Speed Stacks cups in the center of the activity area. Pair off stackers and designate one as the Pit Crew member (inside the oval) and one as the Driver (outside of the oval).



How To Play

On the 'go' signal, the Drivers race around the perimeter of the oval performing a predetermined locomotor movement while Pit Crew members stack a predetermined stacking pattern. On the instructor's "Pit Stop" signal, the Drivers find their partner Pit Crew and switch roles. During the race the instructor calls out different stacking patterns for the Pit Crew to perform and alternate locomotor movements for the Drivers.

Rules

- Stackers must make sure the proper stacking techniques and patterns are followed.
- All fumbled cups must be fixed properly.
- Drivers may pass other drivers, but crashes are not allowed.

Variations

- Integrate ball handling skills for the Drivers (basketball, soccer balls).
- Instruct Drivers to race a set number of laps before switching with the Pit Crew member.



Continuous Table Relays

Running, stacking, and team cooperation is the name of this activity

Grades K+

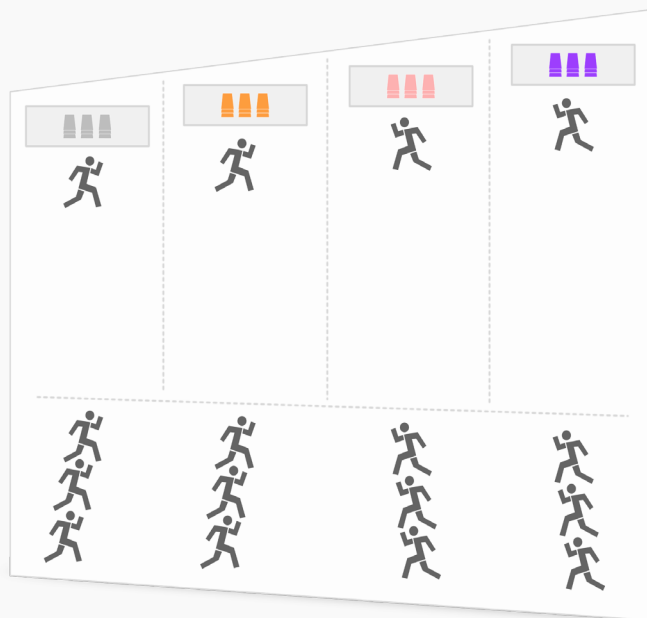


Equipment

- One set of Speed Stacks for every stacker
- One table for up to four teams

Set Up

Set tables in a row, place two to four sets of Speed Stacks on each table (replicate for as many teams as you have). Relay teams line up single file with the lead stacker starting at the table and the remaining team members behind the start line, seven feet back.



How To Play

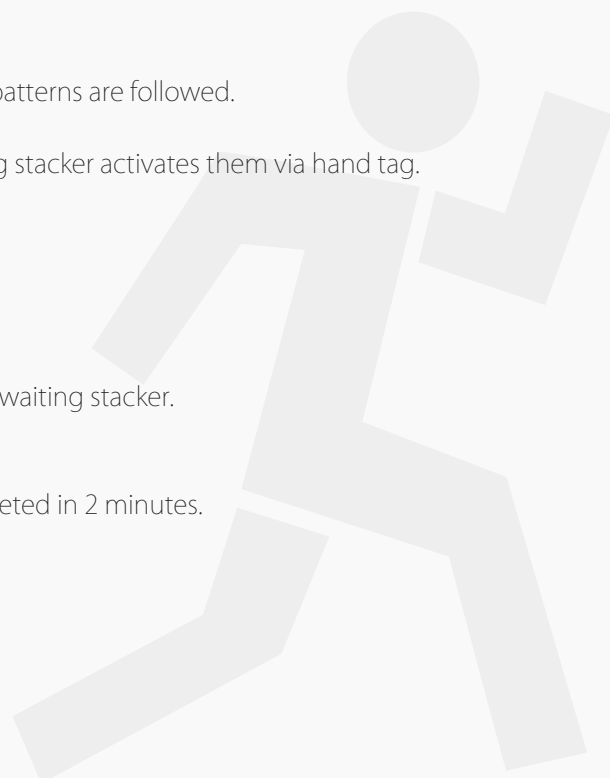
On the 'go' signal, the lead stacker upstacks and downstacks the predetermined pattern while the remaining relay team members wait in single file behind the starting line. Once the lead stacker completes the stacking pattern, they run towards the waiting stacker and activate them with a hand tag to enter the race. Stackers continue to take turns stacking until the 'stop' signal.

Rules

- Stackers must make sure the proper stacking technique and patterns are followed.
- All fumbled cups must be fixed properly.
- Waiting stackers may cross the starting line once the returning stacker activates them via hand tag.

Variations

- Change the stacking pattern.
- Have stackers repeat the pattern twice before activating the awaiting stacker.
- Add ball handling skills (basketball, soccer ball).
- Move the starting line back and incorporate jump ropes.
- Two Minute Drill – see how many laps or stacks can be completed in 2 minutes.



4-Person Competition Table Relay

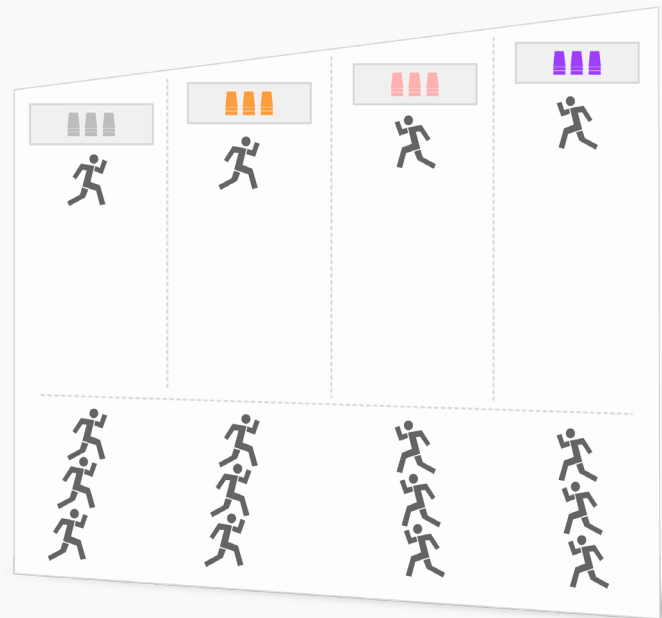
A competitive activity with running, stacking, and team cooperation

Grades **K+**



Equipment

- One set of Speed Stacks for every stacker
- One table for every eight stackers
- One StackMat per team (*optional*)



Set Up

Divide your stackers into relay teams with four stackers per team. Set the tables in a row and place two sets of Speed Stacks on one side. Relay teams line up single file with the lead stacker starting at the table and the remaining team members behind the start line, seven feet back.

How To Play

On the 'go' signal, the lead stacker begins stacking the predetermined pattern with the remaining relay team stackers waiting in single file behind the starting line. Once the lead stacker completes the stacking pattern they run back and activate the next stacker by stepping on or over the 7 foot start line. Teams continue stacking until the fourth member completes their stacking pattern and stops the StackMat (StackMats are encouraged, but not required).

Rules

- Stackers must make sure the proper stacking techniques and patterns are followed.
- Returning stackers step on or over the seven foot starting line to activate the awaiting stacker.
- All fumbles must be fixed properly.

Variations

- Switch the pattern to 3-3-3, 3-6-3 or Cycle depending on the stacker's ability.
- Set up a mini tournament with a single or double elimination bracket for head-to-head competition.



Stack Bowling

High intensity, individual fitness stacking game that's fun and easy to play

Grades 1+

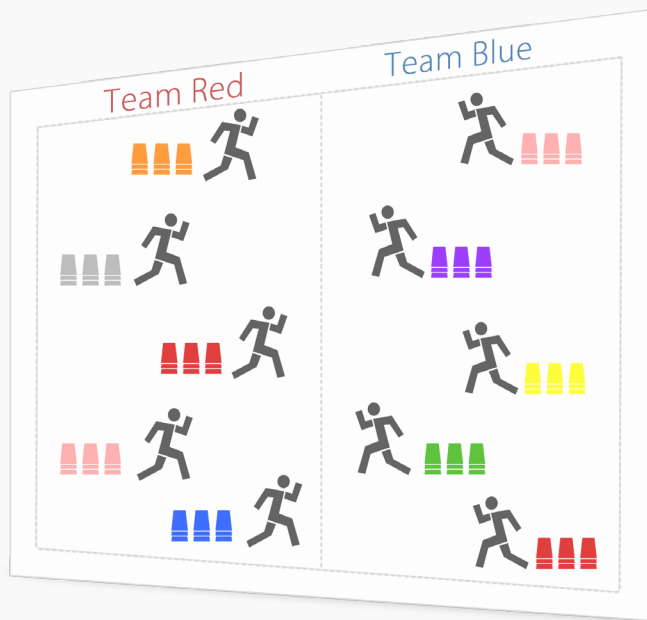


Equipment

- One set of Speed Stacks for every stacker
- One Yarn or Gator Skin Ball for every two-three stackers

Set Up

Divide the class into two teams, each team on one half of the activity area. Each stacker upstacks a 10-Stack with the remaining two cups stacked end to end on top randomly in the activity area.



How To Play

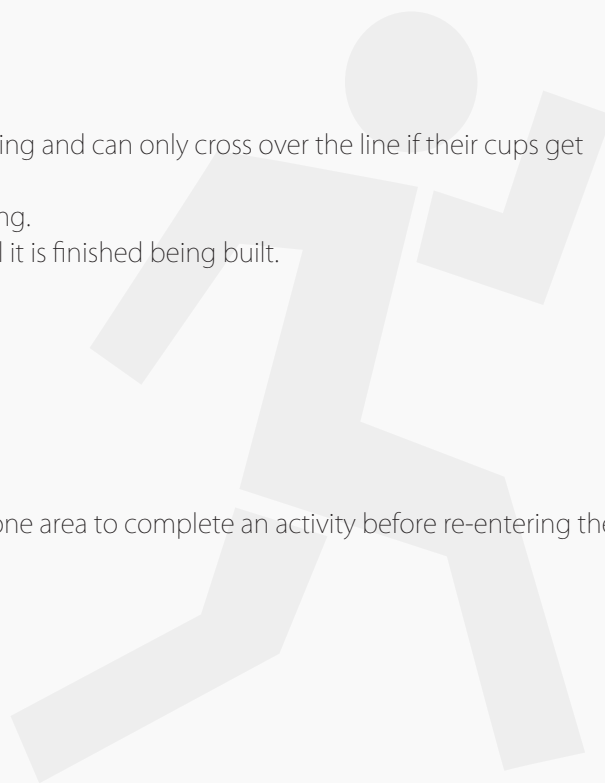
The goal is for stackers to protect their stack while trying to knock the opposing team's down. On the 'go' signal, stackers guard their stacks as they roll their balls to the opposite side in an attempt to knock over their opponent's stacks. If a stack gets knocked over in part, or completely, the stacker must gather all of their cups, switch sides of the activity area and rebuild their stack of cups. The goal is for stackers to protect their pyramid while trying to knock the opposing team's down. The side with the most stackers when the stop signal is given wins.

Rules

- Stackers must stay on their side of the activity area while bowling and can only cross over the line if their cups get knocked over and they are switching sides.
- The ball must be bowled underhand - no throwing or bouncing.
- Bowlers may not intentionally knock over a stacker's cups until it is finished being built.

Variations

- Form two 6-Stacks, or a 3-Stack.
- Have stackers use their non-dominant hand for bowling.
- If a stacker's stack gets knocked over, send them to a fitness zone area to complete an activity before re-entering the game and switching sides.



Partner Fitness Challenge



Fitness activity that gets bodies moving

Grades K+

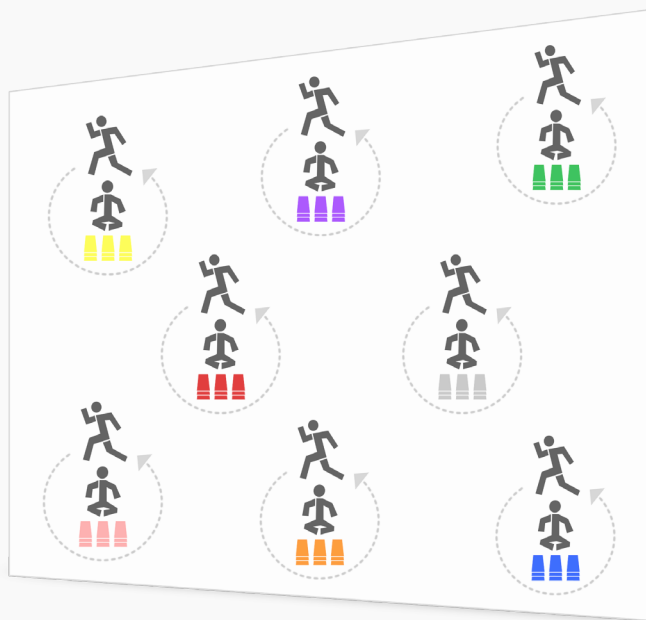


Equipment

- One set of Speed Stacks for each stacker pair
- One stopwatch

Set Up

Pair up stackers and give each pair a set of Speed Stacks. Spread the stacker pairs around the activity area with a minimum arm distance apart from other pairs. One stacker from each pair starts as the stacker, in a down position with their hands flat on the floor, and the other stacker as the 'exerciser', standing in front of their partner ready to perform an exercise or specified movement activity.



How To Play

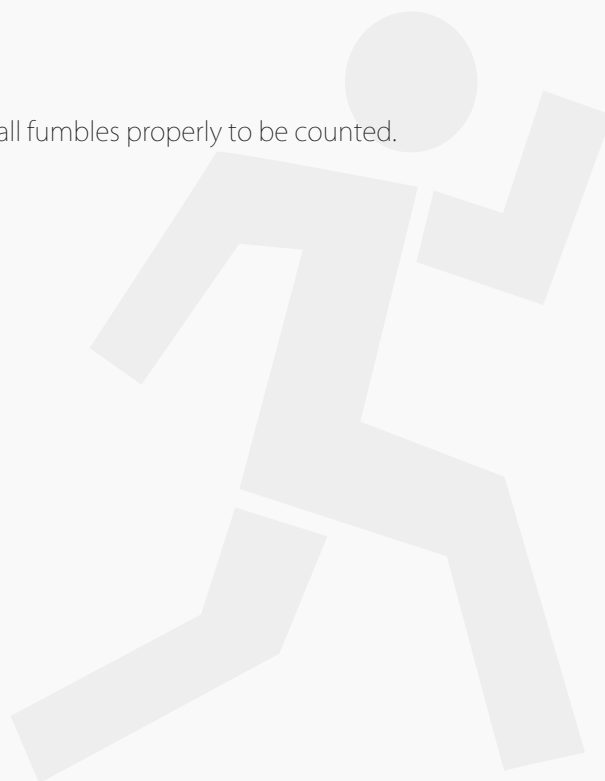
On the 'go' signal the stacker starts stacking the designated pattern while the exerciser performs a specified movement. The stacker counts how many times they do the pattern, while the exerciser performs the specified movement. After 20-60 seconds, the stop signal is given and the stacker and exerciser exchange their counts and switch roles. Continue, change stacking patterns and movement activities.

Rules

- Stackers must properly complete the stacking pattern and fix all fumbles properly to be counted.

Variations

- Use the entire activity area for the exerciser.
- Add manipulatives (dribbling basketball, jump rope, etc.).
- Add Speed Stacks Stack Spots and rotate pairs.
- Use music to start and stop the activity.



Flexibility Stacking

Individual flexibility sport stacking activity

Grades K+



Lunge & Stack

Assume a forward lunge position. Set out a downstacked 6-Stack inside the forward foot. Perform the upstack while in the lunge position. Bring the forward foot back and lunge with the opposite foot and then downstack. Repeat several times.



Windmill/Toe Touches (with a twist)

Set up two downstacked 6-Stacks by each foot. Feet will be shoulder-width or farther apart, knees slightly bent, hands on hips. Instructor designates the pattern to be stacked. Bend down to stack by left foot, upstack. Return to starting position, bend down to right foot and upstack. Return to starting position. Bend down to the left foot for the downstack and hold stretch for 10-15 seconds. Repeat on the right. Shake each leg out and repeat.

Figure 4

The left leg is fully extended while the right knee is bent and right foot is resting against left knee (see photo below). Set Speed Stacks outside left ankle (6-Stack) and inside left ankle (6-Stack). Reach and upstack each stack, return to beginning to downstack and hold for 10-15 seconds. Release, Relax and Repeat. Switch legs and repeat. Can vary stacks.

Additional Activities

- Groin Stretch/Butterfly Stretch
- Sitting V-Stretch
- Reverse Inch Worm to Snake Stretch & Stack
- Overhead Benders/Standing Toe Touches
- Long-Sitting Toe Touches/L Sitting Position





Put Ups and Take Downs

Assume a push-up or modified push-up position in front of an elevated flat surface (a tumbling mat works great). Place Speed Stacks on the floor in a 3-3-3-3 or 3-6-3. Using alternating hands, starting with the stack on the left, take one cup with the right hand and place it on an elevated flat surface. Continue upstacking the sequence and then downstacking, alternating the hands with each move.

VARIATIONS: Stack for one minute, two minutes, with music.

Wheelbarrow Stacking

This is the traditional wheelbarrow race but with stacking involved! Partner up with someone of equal weight or form groups of three. When you arrive at a stack, GENTLY lower the wheelbarrow to their knees in order to stack. Once the stack is upstacked, the wheelbarrow's legs are raised and the group moves to the next stack to be upstacked. Repeat the same process. Once the last set is upstacked, the group will run back to the start line and a new person becomes the wheelbarrow. The new wheelbarrow will repeat the above. When the downstacking is completed, the group runs back to the start line with the next group member becoming the wheelbarrow, or the partners switch again.



Crab Walk & Stack

Set-up: Straight Line (see page 25)

Assume crab walk position. On 'go' signal or music, stackers "go crabbing" for Speed Stacks. May go feet first or hands first. Upon arrival at first stack, stackers may sit on their bottom to upstack, crab walk to the next stack, etc. When last stack is completed, crab to the wall or cone and touch, turn around, continue crabbing while downstacking each stack on the way back to the starting line.

Additional Activities

- Aeroplanes/Back Ups/Head Lifters
- Push-Up Stacking
- 4-Wheel Drive & Stack
- Bent Knee Sit-Up /Curl-Up Stacking
- Wall Sitting and Stack

