



ON THE MOVE with Speed Stacks®

Sport Stacking Activity Guide

Promote fitness, strength, agility, coordination and teamwork with these unique sport stacking activities.



Stacks and stacks of ideas to keep your students moving with Speed Stacks all year long!





SEND US YOUR ON THE MOVE IDEAS!

As you use our *ON THE MOVE* activities, we hope they will inspire some of your own sport stacking creativity!

**Please share your ideas with us,
so we can share them with others.**

**Send your activity by e-mail to: info@speedstacks.com.
(If we use your idea, you will receive free Speed Stacks
equipment as a thank you.)**



ON THE MOVE with Speed Stacks®

THANKS FOR YOUR INTEREST IN SPEED STACKS and sport stacking!

As a sport by itself, sport stacking incorporates all elements of competition including tournaments sanctioned by the World Sport Stacking Association (WSSA). The WSSA gives stackers the opportunity to compete in individual timed events and in relays at district, state, regional and world championships.

The purpose of this ON THE MOVE Activity Guide

is to expand sport stacking in a whole new and very active direction.

These **ON THE MOVE** activities combine all the benefits of sport stacking (hand-eye coordination, ambidexterity, speed and concentration) with practical, fun ways to keep students of all ages and abilities moving with Speed Stacks throughout the year.

Help reach fitness goals and continue individual and group excitement for sport stacking with these fun, creative, active, and challenging ideas.

**Let the sport stacking
fun begin. . .**

ON THE MOVE with Speed Stacks

HOW TO USE THIS ACTIVITY GUIDE

-These activities can be incorporated into your existing Speed Stacks unit;
AND

-They may be used throughout the year to supplement all your other units;

SO

-Pick and choose the ones that are best suited for your particular needs.
ENJOY!

Need a refresher on teaching sport stacking?
Our Stack Fast Instructional Video or our Stack Fast DVD have step-by-step instructions to give you all the sport stacking confidence you need.
We're just a toll-free call away!
1-877-468-2877

You'll have the most success with these **ON THE MOVE** activities if you can complete the following sport stacking checklist:



You have prepared yourself to demonstrate and teach the proper sport stacking patterns, sequences, techniques and transitions and are familiar with the rules of sport stacking.

GREAT!



Stackers have mastered the 3-3-3.
WONDERFUL!



Stackers have practiced the 6-stack (using the 3-2-1 method) and mastered the 3-6-3 stack.

FANTASTIC!



Stackers have practiced the 10-stack (using the 5-4-1 method) and mastered the Cycle Stack.

WOW!



Stackers understand the rules of sport stacking and have experienced individual and team races.

AWESOME!



If you've got a check mark in every box, then you're ready to be "ON THE MOVE" with Speed Stacks. If you need some more help in getting to this point, Speed Stacks has an entire teaching program to get you on your way.

Click on www.speedstacks.com or call us at 1-877-GOT-CUPS to find out more.

ON THE MOVE with Speed Stacks

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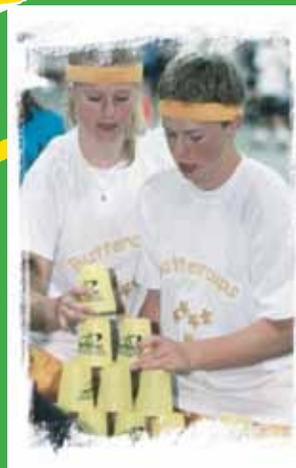
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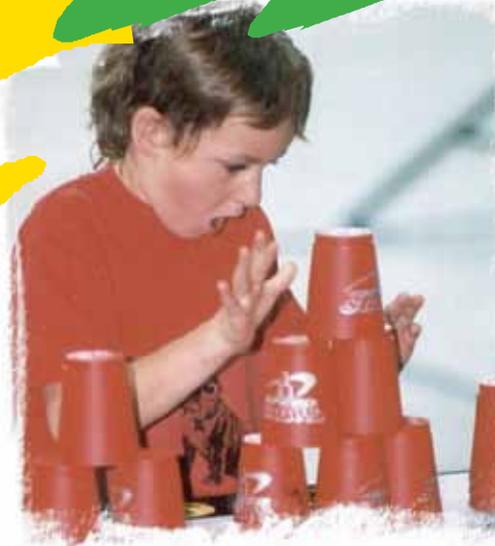
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Warm-Up Activities

Open movement area recommended for all of these warm-up activities.



Stackers & Blasters

Equipment: Sets of Speed Stacks, music
Set-up: Random (see Appendix, page 24). Stacks of threes and sixes. At random, up stack half of the Speed Stacks sets. The other half of the sets should remain down stacked.

Procedure: Divide your students into two groups. Designate one half as "Stackers," who will only "up stack" the already "down stacked" Speed Stacks, and the other half as "Blasters," who will only down stack the up stacked Speed Stacks. Move Stackers to one side of the movement area and Blasters to the other side. On a "go" signal (i.e. music), Stackers and Blasters begin their up and down stacking tasks. Once the task has been completed, move on to another set. After 30 seconds to one minute of stacking, the group is stopped, and the students retreat to their designated sidelines.

NOTE: On the "stop" signal, allow each Stacker or Blaster to complete their stacking task then proceed immediately to their appropriate sideline. If desired, Stackers and Blasters may count how many sets they have up stacked or down stacked for scoring purposes.

VARIATIONS: Switch roles of Stackers and Blasters. . . Play again selecting a different stacking pattern (3-6-3, 6-6, 3-3-3-3). . . Use pedometers. . . Use various locomotor movements such as crab walk . . . Stack in a push-up position for some strength and endurance . . . Have two groups of Stackers and one of Blasters. . . Use Speed Stacks Minis for this activity.

Roll 'n Stack

Equipment: One die per stacker, sets of Speed Stacks
Set-up: Random (see Appendix, page 24); spread dice and arrange Speed Stacks in down stacked 3-stacks and 6-stacks.

Procedure: Each stacker will roll one die twice. Odd numbers represent 3-stacks and even numbers represent 6-stacks. The first number rolled indicates what kind of stack the student will stack, and the second number rolled represents how many groups of cups the stacker will stack. Each set of cups is to be up stacked and down stacked. After the stacker has completed their sequence, move to another die and roll again for another round.

VARIATIONS: Use one set of giant dice for large group stacking. . . Have cards, colored on one side, spread out around the movement area. After the stacker has rolled the die twice, each stacker will turn over a card to see which colored cups they will stack. . . Stack with a partner: While one stacks, the other moves along the perimeter of the movement area doing a locomotor skill (jogging, walking, hopping, galloping, etc.), then switch. . . Set the Speed Stacks in a 3-3-3 & 3-6-3 in a random set-up and have the roll of the die determine how many sets the stacker will stack. Move to a new set each time.

Paper Plate Stacks

Equipment: One paper plate per stacker with "Up Stack" written on half of the plates and "Down Stack" written on the other half, sets of Speed Stacks, music
Set-up: Random (see Appendix, page 24). Spread out the paper plates with the writing face down throughout the movement area. Arrange Speed Stacks randomly in 3-stacks and 6-stacks (half in an up stack position and half down stacked)

Procedure: When the music starts, each stacker will pick up a paper plate, read it, turn it back over (face down) and perform the task. If the plate says "Up Stack," the stacker will find a stack in a down stacked position and up stack it. Those with "Down Stack" plates will do the opposite. Once finished, the stacker will move to a different plate and follow the plate's instructions. Stackers cannot stack the same stack two times in a row; encourage stackers to move.

VARIATIONS: Use arrows representing "up" and "down" for the younger stackers. . . Put a color on the plate to indicate a specific color of Speed Stacks for the stacker to find and stack.

Card Stacks

Equipment: Sets of Speed Stacks, cards with the following stacks written on them (one stack per card): 3-3-3, 6, 3-6-3, 6-6, 10- with either the words "Up Stack" or "Down Stack" also written on each card.

Set-up: Random (see Appendix, page 24). Spread cards face down throughout the movement area. Set Speed Stacks randomly in 3, 6 and 10 stacks (half in an up stack position, half in a down stack position).

Procedure: Have stackers each find a card and follow the instructions. If a card says "Up Stack 3-3-3", the stacker will find three 3-stacks in the down position and up stack them. The stacker will then find another card, read it and perform the task stated on the card. Have stackers move to different cards, and remind them to leave the cards face down when they are done.

VARIATION: Have cards also indicate a specific cup color.

Partner Fitness: "Exerciser" & "Stack Master"

Equipment: One set of Speed Stacks per pair, music (30 seconds of music with a 15 second delay or 45:15). Optional: Exercise cards, exercise pictures or a projection of exercise pictures.

Set-up: Random (see Appendix, page 24). down stacked 3-6-3 stacks.

Procedure: One partner is the "Stack Master," the other is the "Exerciser" (the Workout King or Queen). The instructor starts this activity by designating an exercise and stacking pattern. When the music starts, the "Exerciser" performs the designated exercise next to the "Stack Master" who is stacking on the floor. When the music stops, the "Exerciser" and the "Stack Master" switch places. The new "Exerciser" performs the same exercise and the "Stack Master" performs the same stacking pattern as their partner did previously. When the music stops, partners switch places again as the instructor designates a new exercise and stacking pattern. This is repeated for five to 10 minutes.

VARIATIONS: Have the "Exerciser" use manipulative equipment for skills such as scarf juggling, ball handling, dribbling a basketball, juggling a soccer ball. . . Use Speed Stacks Minis.



Warm-Up Activities (cont.)

Astro Stackers ☐ ☐ ☐

Equipment: Speed Stacks, "space" music (play 30 seconds, pause for 10-20 seconds)

Set-up: Random (see Appendix, page 24). Place every set of Speed Stacks randomly on the surface of your planet (Mars, Venus, etc.) in down stacked positions in stacks of 3, 6, 3-3, 3-3-3, 3-6-3, 6-6, 10.

The down stacked sets are now formations on your planet's surface (craters, stalagmites, mountains).

Procedure: Set the stage for an intergalactic experience and instruct stackers to find their personal space on their planet. Choose a variety of locomotor skills the stackers will perform when the music starts (walk, hop, gallop, skip, jump, slide, etc.) When the music begins, the Astro Stackers will move about the planet performing the chosen movement for 30 seconds. When the music is paused for 10-20 seconds, the stackers go to the set of Speed Stacks closest to them and begin stacking that sequence. Prior to the music beginning again, the instructor starts a countdown before blast off. The countdown is the signal to complete the stacking pattern and get ready for the next movement. On "blast off," the stackers perform the next announced movement.

VARIATIONS: Instead of being on a planet, stackers can be out on a space walk. . . Instruct Astro Stackers to build a tall "stalagmite" when music pauses. . . With a partner, hook elbows to perform movement and do "Doubles" stacking. . . Use Speed Stacks Minis. . . Use Glow-in-the-Dark Speed Stacks with lights dimmed and a black light.

Inside Out ☐ ☐

Equipment: One set of Speed Stacks for every two stackers.

Set-up: Large Circle

Procedure: Arrange Speed Stacks in a large circle equal distance apart. Students pair up, find a set of Speed Stacks and sit down facing each other with Speed Stacks between them. Inside person faces out of the circle and outside person faces in. Cue up music to play for 15 or 30 seconds followed by a pause of 10 seconds for a total period of three or more minutes. When the music begins, the outside person performs a locomotor movement as designated by the instructor (walking backwards, skipping, spin walking) around the perimeter of the circle. The inside person stacks in a predetermined pattern while in a stretch position (butterfly, figure 4, V-sit). For example: sitting in a V-sit, stack a 3-3-3; sitting in a figure 4 stretch, stack a 6-6; sitting in a butterfly position, stack a 3-6-3. When the music stops, the outside partner returns to his home place and switches with his partner. The instructor calls out new movement and stack. Repeat several times.

VARIATIONS: **Indy 500**—Outside person is the "driver" of a race car, inside person is the "pit crew." (Beach Boys or Jan & Dean would be great music.) Driver sprints around outer circle while pit crew stacks in a designated pattern. See how many completed stacks the pit crew can get while the driver is running. . . Outside person can use manipulatives such as hockey sticks, soccer balls, basketballs and dribble around circle or use juggling items.

Leader of the Stack ☐ ☐

Equipment: One set of Speed Stacks for every student.

Set-up: Have stackers sit in squad formation, four to five students in each squad, each with a set of Speed Stacks in front of them. Have the leaders of each squad use the same colored sets, if possible.

Procedure: The first person in each squad is designated as the "leader" and faces the rest of the squad. Instructor calls out a pattern to be stacked, and the stackers set up their cups accordingly. On the "Go" signal, all stackers up stack and down stack the pattern and stand up when they are finished. The fastest stacker in the squad gets to move to the "leader" position and remain there until someone else has a faster stack.

VARIATIONS: If a "leader" wins three times in a row, they move to the Winner's Circle, which is another squad comprised of other three-time winners. . . If you have enough StackMats, allow the leaders to stack on them. . . Decorate a bulletin board with a number of cut-out golden cups displayed. Have all students who have achieved the position of "Leader of the Stack" write their names on a golden cup, which is displayed on a bulletin board. Every time they are a leader after that, they can add a gold sticker to their cup.

Stacking with Music

Equipment: One set of Speed Stacks per student, music.

Set-up: Students find their personal space and sit with a set of Speed Stacks in front of them.

Procedure: Put music on and direct the stackers to do a certain stack over and over again while the instructor walks around and monitors their progress. This could be as simple as the 3-3-3- or as complicated as the Cycle, or make it the stacker's choice.



Did you know
students with special needs find much success with Speed Stacks? There is even a Special Stackers division in sport stacking tournaments sanctioned by the WSSA.



Table Activities

Equipment:
Six - or eight-foot folding tables, Speed Stacks, StackMats (may opt to stack on carpet), four sets of Speed Stacks per table

NOTE:
If you do not have access to tables, all of these activities may be done on the floor.

One-on-One Challenge Fun

Set-up: Quadrant (see Appendix, page 24).

Procedure: On the standard starting signal of "Ready, Get set, Go," stackers stack one sequence and stop. Best two out of three is the fastest stacker! Stackers at the table will exchange places with one another at the same table until each stacker has had the one-on-one challenge with everyone at their table. Any two stackers from table go to another table; repeat with new stackers.

Table Races

Set-up: Quadrant (see Appendix, page 24).

Procedure: Stackers find a spot at a table. The instructor advises them as to which stack they are doing (3-3-3; 3-6-3 or Cycle) and how many times they will complete the stack (once, twice, three times, etc.). When a stacker finishes the set, they signal this by either raising their hand or kneeling.

The race is over when everyone is finished and the stackers look to see which table finishes first. The races continue with different types of stacking, and different numbers of times that they stack.

VARIATIONS: Stack while balancing on right foot, balancing on left foot or with eyes closed. . . Vary how students show they are finished such as a set of jumping jacks, jogging in place, jumping rope or sit-ups. . . Use Speed Stacks Minis.

Disappearing Stacker

Set-up: Line folding tables down the center of the gym or movement area; divide group in half. Half of the group goes on one side of the tables, the other group goes on other side of tables facing one another.

Procedure: Instructor will start the entire class on the standard starting signal, "Ready, Get set, Go."

Stack the particular stack one time and squat/duck down under the table (disappear from your partner).

The goal is to see what kind of shoes your partner is wearing first! Repeat then rotate stackers.



At Home/Vacation Stackers

Set-up: The same as Disappearing Stacker.

Procedure: One half of the group will be designated as HOMERS (staying home, never move). The other half are VACATIONERS (moving one space to the right as they are going places on their vacations to visit other great people and friends). Instructor chooses the particular stack to be stacked. On "Ready, Get set, Go," one-on-one stacking begins with partner across the table. When all are completed, Vacationers move one space to their right. Homers do not move. Everyone will have a new partner. Vacationer at the end of the last table will not have a new partner, so they simply "fly" to a new vacation spot at the other end of the tables to the Homer awaiting a new Vacationer. Repeat and rotate changing the types of stacks to be stacked. Be sure to put on a little traveling music!

Follow the Leader Rotations

Set-up: Quadrant (see Appendix, page 24), 3-3-3-3 stacks. Leave the first and third stacks of three cups in the down stacked position and up stack the second and fourth stacks. Have students partner up and stand side-by-side in front of their respective quadrant facing their set of Speed Stacks.

Procedure: The student on the right is the "lead stacker" and begins up and down stacking the cups in their quadrant, stacking from left to right. On the heels of the "lead stacker," the partner up stacks or down stacks the cups, following their leader. Once the sequence is complete, the "lead stacker" rotates around their partner in a clockwise direction down stacking and up stacking the Speed Stacks as the partner follows right behind. This flow continues for a specific amount of time or for a designated number of rotations.

VARIATIONS: Set up a 3-6-3. The two outside stacks of three cups are up stacked, the middle six is down stacked; on a signal during the stacking, reverse and stack in the other direction. . . Do rotations for a designated amount of time (use music) or race to see who can complete a designated number of rotations 3,5,7, etc. . . Switch partners at regular intervals. . .

Blind Man's Stack

Stackers work with a partner. One stacker puts on a blindfold, the other is the director and gives directions. Partners walk toward the table, with the director leading the "blind" stacker (voice only, no touching). The director then guides the stacker through a variety of stacks. (This can also be set up as a relay.) This activity can take awhile, so it is best to have several tables set up. Try it with Speed Stacks Minis.

Table Activities (cont.)

Around the Table

Set-up: Quadrant (see Appendix, page 24), any of the following stacks: 3-3-3, 3-6-3, 6-6, 1-10-1 or Cycle stack.

Procedure: Assign four stackers per table (one stacker per quadrant). Have each stacker get in a ready position in front of their down stacked set of Speed Stacks. On "Ready, Get set, Go", students up stack and down stack the selected sequence at their quadrant. Once their pattern is complete, each stacker moves around the table to their right, counter clockwise, to the next quadrant to stack the next set. Continue to stack around the table for a designated period of time.

VARIATIONS:

#1 Switcho Stacko—The students begin stacking in a counter clockwise direction. On a signal, stackers reverse their directions and stack around the table clockwise.

#2 Large Group Stacking—Line up a number of tables end to end and expand the "Around the Table" stacking to accommodate a large group that will stack continuously and move from one stack to the next in a counter clockwise or clockwise direction. This can be done in a classroom setting on desktops.

#3 Hound and Rabbit Table Challenge—Place a set of down stacked Speed Stacks at each quadrant arranged in a 3-6-3. Two stackers stand at diagonal quadrants across the table from each other in a ready position. Designate one stacker as the "Hound" and the other as the "Rabbit." On the "go" signal, each stacker begins up and down stacking the set in front of them. When the stack is completed, each stacker moves clockwise to the next stack and repeats the stacking sequence. The object is for the "Hound" to try and catch the "Rabbit" as they stack fast around the table.

"Sport stacking with Speed Stacks is the most captivating activity I have ever seen in my 10 years of teaching elementary PE. The first time my students tried it, they were hooked! Not only is this activity incredibly fun, but its impact on the body/brain connection is immense."

—John Dunlop
K-6/Middle School Athletic Director
Portage, Michigan



Influence of Sport Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students

A study led by Dr. Brian Udermann and Dr. Steven Murray and published in 2004 in "Perceptual and Motor Skills" and "Research Quarterly for Exercise and Sport"

SUMMARY

Sport stacking has been adopted recently by many physical education programs to enhance rudimentary motor skills such as hand-eye coordination and ambidexterity as well as quickness and concentration.

We examined the influence of sport stacking on hand-eye coordination and reaction time of 24 boys and 18 girls in second grade.

Two physical education classes were randomly assigned as treatment and control groups and were pre- and post-tested for hand-eye coordination and reaction time. The treatment group participated in a 5-week sport stacking program.

Significant improvements were noted for both hand-eye coordination and reaction time, in both the dominant and non-dominant hand, between the pre-and post-test scores for this group but not for the control group.

Therefore, sport stacking is indeed effective in enhancing hand-eye coordination and reaction time.

Dr. Brian Udermann is an Assistant Professor, Department of Exercise and Sports Science, at the University of Wisconsin, Lacrosse.
Dr. Steven Murray is Chairman and Associate Professor, Department of Human Performance and Wellness, at Mesa State College, Colorado.



Fitness Stacking

Flexibility, muscular strength and endurance, cardiovascular fitness and body composition are all health-related elements of physical fitness. Here are several ways to incorporate the fun and excitement of sport stacking into your fitness activities.

Equipment : One set of Speed Stacks per student

FLEXIBILITY

The basic purpose of flexibility exercises is to develop a full range of motion around a joint or joints. Many flexibility exercises are designed to be performed dynamically (using continuous movements), however, some should be done statically (maintaining the stretched position for a specific amount of time). Static flexibility exercises are used here.

With flexibility, we will give an example of how Speed Stacks can be used with a stretch, then list a few stretches with minimal detail. **Please note:** An attempt has been made to maintain usage of the common name for each stretch/exercise. Since names may vary from one region of the country to another, some stretches/exercises are listed with more than one common name, i.e. groin stretch/sitting butterfly stretch or side straddle hops/jumping jacks. Use a variety of stacks, mix it up: 3-3, 3-3-3, 3-3-3-3, 3-6-3, 6-6, 10 stack, 1-10-1, Cycle.

IMPORTANT: Focus should be placed on stretching and not stacking. Speed is discouraged here.

Sitting V-Stretch

Assume a sitting V-stretch position; place a 3-3-3-3 in a vertical line centered in front of you. (One 3-stack even with extended feet, another 3-stack closer to body, another 3-stack even closer, one last 3-stack closer yet to the body.) Students will straighten legs with relaxed knees, up stack the first 3-stack, second 3-stack, third then fourth, slow and easy. When the fourth 3-stack down by the feet is up stacked , one should experience a stretched lower back and some hamstring. Place both hands on top of one another, then place finger tips on the top Speed Stacks cup. Hold the lower back stretch for 10-15 seconds breathing into the stretch. Slowly release the stretch and return to the first stack closest to your body and down stack the 3-3-3-3 in order. Hold the stretch again hands on top of one another. Place finger tips on last down stacked cups, hold for 10-15 seconds breathing into the stretch. Release the stretch, Relax and Repeat (R, R & R)! Remember, speed is not necessary here.

Long-Sitting Toe Touches/L Sitting Position

Legs together straight; place Speed Stacks next to either the left or right leg, i.e. 3-stack by knee, 6-stack middle of the calf, 3-stack by heels. Up stack 3-6-3, hold hands on last up stacked 3, 10-15 seconds, return to first up-stacked 3 and down stack the entire 3-6-3, hold 10-15 seconds on last down stack. Release, Relax and Repeat (R, R & R).



Groin Stretch/Butterfly Stretch

Place 3 down-stacked Speed Stacks cups outside the left knee, 6 in front of toes, and 3 outside of right knee. Stacker will attempt to flatten knees to the floor while up stacking the 3-stack on the left, bend forward trying to keep knees flat, up stack the 6-stack, move to the right knee, up stack the 3-stack, go back to the left, down stack the 3, down stack the 6. Hold the stretch (slowly please), release the stretch, sit up and down stack the 3 on the right. Release, Relax and Repeat (R, R & R).

Overhead Benders/Standing Toe Touches

Stand erect with feet shoulder-width apart. Arms extended overhead, thumbs touching. Bend at the waist extending hands down to a set of down stacked Speed Stacks in a 3-6-3. Encourage stacker to keep the knees slightly bent. Bend down, up stack first 3, return to starting position. Bend down, up stack 6, return to starting position, bend down, up stack last 3. When down stacking each stack, return to starting position, bend down, down stack. After down stacking each stack, hold for 10-15 seconds. This will make the stretch more static in nature!

Windmill/Toe Touches (with a twist)

Set up two down stacked 6-stacks by each foot. Feet will be shoulder-width or farther apart, knees slightly bent, hands on hips. Remember, you can choose what stacks you want the students to stack. Bend down to stack by left foot, up stack. Return to starting position, bend down to right foot and up stack. Return to starting position. Bend down to the left foot for the down stack 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 up stack each stack, return to beginning to down stack and hold for 10-15 seconds. Release, Relax and Repeat (R, R & R). Switch legs and repeat. Can vary stacks.



Flexibility (cont.)

Lunge & Stack

Assume a forward lunge position. Set out a down-stacked 6 inside the forward foot. Perform the up stack while in the lunge position. Bring the forward foot back and lunge with the opposite foot and then down stack. Repeat several times.

Reverse Inch Worm to Snake Stretch & Stack

We will combine two stretches here. Lie in a prone position with the chest touching the floor and feet together. The hands are directly under the shoulders with fingers forward. Extend the arms forward as far as possible. Set Speed Stacks in a down stack position (3-3-3) at the far arm extension point. Move hands back directly under the shoulders, fingers forward. With hands stationary (the hands never move), the student slowly takes eight small steps forward with the feet, toward the stationary hands. The knees will have a slight bend when moving forward. Hold a few seconds, walk the feet back to original prone position. Extend the toes and arms in the prone position (front snake stretch), up stack the 3-3-3 while reaching and stretching as far as possible with the hands. Release and relax the stretch. Repeat inch worm phase, then in a snake position, down stack the 3-3-3. Release, Relax, Repeat (R, R & R). **VARIATION:** When doing the snake stretch, roll over on back, extend toes and hands, then stack Speed Stacks in this awkward, yet challenging position.

WE HAVE GIVEN YOU A FEW EXAMPLES OF HOW SPEED STACKS CAN BE USED WITH FLEXIBILITY. AGAIN, THIS IS A VERY SHORT LIST THAT DOES NOT INCLUDE ALL JOINT AND MUSCLE GROUPS. ONE MAY INCORPORATE TABLES SO ARMS AND SHOULDERS CAN BE INCLUDED. TAKE YOUR CREATIVE ABILITY AND INCLUDE SPORT STACKING WITH OTHER FLEXIBILITY EXERCISES!

"My opinion is that (sport) stacking is a great activity for perceptual motor skills, dexterity, fine and gross motor development, cognition and enhanced connectivity."

—Eric Jensen,
Author of
"Teaching with the
Brain in Mind"



"Now called sport stacking, it's a full-fledged, challenging, and fun motor-skill activity, while also emerging as a stand-alone sport itself."

Dynamic Physical Education for
Secondary School Students

Premier PE textbook includes sport stacking

The merits of sport stacking have been included in what many consider to be the leading textbook for physical educators teaching middle and high school students. Authored by renowned physical education authority Robert Pangrazi, who collaborated with his Arizona State colleague Paul Darst, the fifth edition of *Dynamic Physical Education for Secondary School Students* is an up-to-date comprehensive guide to developing effective physical education programs. Sport stacking earned three pages of coverage in the chapter titled "Promoting Cooperation and Inclusion: Nontraditional Units of Instruction." According to the book, the units in this chapter offer students and teachers a "change of pace" and allow students to "develop new skills and work closely with classmates." The book also notes the NASPE National Standards for Physical Education that are met through sport stacking activities. They include:

STANDARD #1

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

STANDARD #2

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

STANDARD #5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

STANDARD #6

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Standards from the National Association for
Sport and Physical Education (NASPE)

Muscular Strength & Endurance

Building muscular strength and endurance can be fun by incorporating a little stacking action. Speed Stacks will add some pizzazz to your strength and conditioning program.

MUSCULAR STRENGTH is the ability of the muscle to develop tension resulting in the force necessary to move an object through space. The resistive overload will be the student's body weight. Ensure strength exercise is done at an easy to moderate consistent pace

MUSCULAR ENDURANCE is the ability of the muscles to sustain the force necessary to move an object through space repeatedly. (In other words, STRENGTH is the ability to perform a push-up, while MUSCULAR ENDURANCE is necessary to do repeated push-ups.)

Equipment: Speed Stacks; poly spots; folding mats (optional); chairs; steps; Speed Stacks Minis and Speed Stacks Super Stacks (optional)

Push-Up Stacking

(You may want to use poly spots for consistent hand placement.) Assume a proper push-up position. Place Speed Stacks in a down stacked position in front of fingers (3-3-3- or 3-6-3) with hands pointing forward. Up stack the set, working from left to right or right to left, **alternating hands with each move**. Go back to the beginning and down stack, again alternating hands with each move.

VARIATIONS: How many times can the stacker up stack and down stack before touching a knee or their arms give out? May stack in modified (knees on floor) push-up position, too!

Overload: Begin in the push-up position with elbows slightly bent. Stack with bent elbows. How about 1/2 bent elbows?



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 up stacking the sequence and then down stacking, alternating the hands with each move.

VARIATIONS: Stack for one minute, two minutes, with music. . . Stack cups on another person's back.

Aeroplanes/Back Ups/Head Lifters

Assume a prone position with feet together and arms extended to the front. Place a set of Speed Stacks in front of extended arms. When ready, stacker lifts both arms and legs from the floor up stacking and down stacking the Speed Stacks. Note: While stacking, only the belly button is on the floor. Who can stack an entire sequence without touching the legs or chest to the floor? Who can up and down stack two sequences. Rest & Relax (R & R). Do two or three sets!

Crab Walk & Stack

Set-up: Straight Line (see Appendix, page 24) 3-6-3

Assume crab walk position. On "go" signal or music, students "go crabbing" for Speed Stacks. May go feet first or hands first. Upon arrival at first stack, stackers may sit on their bottom to up stack, 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 down stacking each stack on the way back to the starting line.

VARIATIONS: One can make this a relay race. (Remember we are looking for "overload" on the muscle group.) When crab walking to the next stack, who can keep from touching their bottom in between the next set to be stacked? Excessive sitting on the bottom will not create desirable overload.

4-Wheel Drive & Stack

Set-up: Straight Line (see Appendix, page 24)

Assume the "4-Wheel Drive" (or bear walk) position. (Both hands and both feet on the floor. Push-up position with bottom high in the air with bent knees.) Stackers kneel to stack.

This is the same idea as the crab walk. Who can have minimal knee touches stacking Speed Stacks down and back? Remember overload!

VARIATIONS: Try this in reverse or sideways. . . Don't kneel to stack, rather do push-up stacking at each stack. . . Create an obstacle course!

Wheelbarrow Stacking

Set-up: Straight Line (see Appendix, page 24)

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. (Emphasize control at all times.) Once the stack is up stacked, the "wheelbarrow's" legs are raised and the group moves to the next stack to be up stacked. Repeat the same process completely under control. Once the last set is up stacked, the group will run back to the start line and a new person becomes the wheelbarrow. The new wheelbarrow will down stack each stack. When the down stacking is completed, the group runs back to the start line with the next group member becoming the wheelbarrow, or the partners switch again.

VARIATIONS: Put on some music and discourage racing as this is about overload! . . . Encourage continuous repetition. . . A good student challenge may be to see how many turns each group member can get in an allotted time. . . Encourage staying on the hands as much as possible.

Muscular Strength & Endurance (cont.)

Bent Knee Sit-Up/Curl-Up Stacking

Set out a 3-6-3 on the floor in a down -stacked position. Assume bent-knee sit-up position with feet straddling the 6. Sit up/curl up then twist to the left and up stack that 3. Go back down, sit up/curl up to the center and up stack the 6. Go back down and sit up/curl up and up stack the 3 on the right. Continue situps/curl ups and do the down stacking! Set time limit of 30 seconds or one minute of continuous Bent Knee Sit-up/Curl-Up stacking.



Wall Sitting and Stack

A table will be needed and wall space with some room to move. Stacker should place back flat on the wall. Slide the bottom down as if sitting on a chair. Quads/thighs will be parallel to the floor. Move the table close to the wall sitter. Stacker will stack Speed Stacks on the table with back flat against the wall. Great quadriceps work! How many stacking sequences can be stacked before the quads give out?

VARIATIONS: Stack for one minute, two minutes. . .Play the song "Sittin' on the Dock of the Bay."

Cardiovascular Fitness

Think you can't get the heart pumping by sport stacking? Here are some fun activities that will make you think again!

Use pedometers or heart-rate monitors if you have them!

Down & Back Stacking

Equipment: Speed Stacks for every two stackers, cones

Set-up: Straight Line (see Appendix, page 24).

Procedure: Partner up. On the "go" signal or when some upbeat music begins, first person at the starting line runs to first stack and up stacks and continues until all stacks are up stacked. After up stacking the last stack, tag the cone and sprint back to the beginning and then down stack each set. Once all are down stacked, touch the cone again and sprint back to start and tag partner. Have students continuously stack for 2,3,4,5 minutes.

VARIATIONS: Set up hurdles beside each stack of Speed Stacks, student hurdles back both times! . . .Use locomotor movements on the returns. Use backward jogging, crab walking, 4-wheel drive, rope run, roller or in-line skating . . .Use scooters.



Did you know . . .?

CARDIORESPIRATORY ENDURANCE

is the ability of the heart, lungs and vascular system to provide sufficient amounts of oxygen and nutrients to the working muscle and to carry away by-products from the working muscle.

Cardiovascular Fitness (cont.)

Does sport stacking promote using both sides of the brain?

YES, says Dr. Melanie Hart, an Assistant Professor of Health, Exercise and Sport Sciences at Texas Tech University. In a recent study, Dr. Hart empirically examined the electrical activity of the two hemispheres of the brain, as measured by electroencephalogram (EEG), while sport stacking. According to Dr. Hart, "the results of this study support the claim that (sport) stacking does utilize both sides of the brain."

Demolition at Stack City

Equipment: Sets of Speed Stacks (one or more per stacker), music

Set-up: Random (See Appendix, page 24). Divide the movement area in half with equal numbers of 3, 6 and 10 stacks on both sides. All should be in up-stack position.

Procedure: Divide the stackers into two equal teams. Have each team select a demolition crew and a construction crew within their team. Have the teams line up on their designated sides of the movement area. The Speed Stacks inside the movement area represent buildings in a city. Start the music, and have all the stackers do a locomotor movement (walking, jogging, skipping, hopping, etc.) around the outside of the movement area. When the music stops, "demolition" occurs. Teams try to down stack as many sets on the opposing team's side as they possibly can while their construction crew keeps sets on their side in the up stack position. On the instructor's "stop" signal, all the stackers will pause with their hands up. The music resumes and all the stackers move around the outside of the play area until the music stops and the "demolition" occurs again. See which team has the most buildings (up stacks) on their side.

Switch Back with Speed Stacks

Equipment: Sets of Speed Stacks (one or more per stacker), music

Set-up: Random (See Appendix, page 24). Divide the movement area in half with equal numbers of 3, 6 and 10 stacks on both sides. All should be in up-stack position.

Procedure: Divide the stackers into two teams and have them line up at the end line on their designated side of the movement area. On the instructor's "Go" signal, or music, team members go to the opposing team's side and down stack a set of cups to take back to their side to up stack. Stackers continue running back to the other team's side to collect stacks. Stackers may not touch a set of cups that a stacker is up stacking. Also, stackers may not wait next to a stacker who is building. See which team has the most cups in an up stack position (without a fumble) on their side.

VARIATIONS: All stackers must be on two feet at a low level when stacking. . .Add a point value to the stacks (3 stacks=1 point, 6 stacks=2 points, 10 stacks=3 points). . .Use scooters. . .Try "Doubles" stacking. . .Have stackers use medium to low level movement.

Stacking Fitness Course

Equipment: Fitness Station Cards (purchased or handmade), Stacking Instruction Cards (handmade), cones, music

Set-up: Straight Line (See Appendix, page 24), eight to 10 feet between Speed Stacks and signs

Procedure: At each "Fitness Station," place a Fitness Card, Stacking Instruction Card and the correct number of Speed Stacks to correspond with the instructions.

For example: At the first station, place a down stacked 3-stack with the card "Stack 3" and the Fitness Card "Hop forward to the next station." At the second station, place a down stacked 6-stack with the card "Stack 6" and the Fitness Card "Skip forward to the next station." At the third station, place a down stacked 3-6-3 with the card "Stack 3-6-3" and the Fitness Card "Walk backward to the next station," etc.

VARIATIONS: Make the course as long as you desire. Use equipment at each station (jump rope run, basketball dribble, soccer ball dribble, scooter pull, juggling scarves, Hula-Hoop, etc.). . .Use Speed Stacks Minis. . .Instructor may want to vary from straight line to curved to circular due to space limitations.

Sharks & Swimmers Tag

Equipment: Two or more Hula-Hoops, several sets of Speed Stacks,

Set-up: Scatter a few Hula-Hoops to create islands in the ocean (the play area), set up Speed Stacks (sand castles) in the beach area (outside the play area).

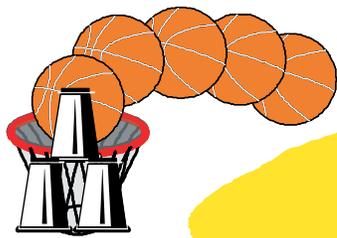
Procedure: Designate three or four people to be the "Sharks." They will be the taggers. The remaining players are "Swimmers" moving in the play area (ocean) trying not to get tagged. If a swimmer needs a break, they may hop on an "island." Only one swimmer is allowed on each "island" at a time. Swimmers may stay on an island for only three seconds. Once a swimmer is tagged by a shark, they must immediately "hit the beach," where the Speed Stacks are located. Instructor determines which type of "sand castle" the swimmers must build (3-6-3, 6-6, 1-10-1, Cycle) before they can return to the ocean.

VARIATIONS: Use different locomotor movements. . .Use scooters. . .Use Speed Stacks Minis or Super Stacks.

"The process used when stacking cups assists our students with directionality, organization, coordinating both hands, focus, as well as giving them a sense of accomplishment. We have found sport stacking is a great reward and motivator!"

—Jan Megarry
Academic and PE Teacher,
Colorado School for the
Deaf and Blind

Cardiovascular Fitness (cont.)



March Madness "ELITE 8"

Equipment: 15 sets of Speed Stacks.

Set-up: Triangular (See Appendix, page 24) in any large open floor area. A basketball court is ideal if you are setting up only one triangle. If you're setting up more than one triangle, use half of the court, with the tip of the triangle near the midcourt line.

Procedure: Begin with eight sets of Speed Stacks on the starting line, each placed in a down stacked position, in the pattern you wish to have students stack. You may start with a 3-3-3 pattern or a 3-6-3. The next tier of the triangle will only have four sets of Speed Stacks, in any pattern you choose (you could set up the patterns so they become progressively more difficult). The third tier of the triangle has only two sets of cups, and the final tier has one set of cups. A single cup is placed at the top of the triangle. Eight stackers line up on the starting line behind the eight stacks (distance from the cups will vary depending on space available) with two or three stackers waiting in line behind each of them. On the "go" signal, the eight stackers race up to the first sets of cups and complete the pattern, they run to the next tier to try and be among the top four stackers. The four stackers who are edged out return to the end of their line to join in again. The four stackers remaining complete their next stack and the two fastest move to the next tier and continue to compete. Again, those who get "stacked out" simply return to the starting line to await another turn. The first stacker to reach the final stack completes it and is declared the winner, and they then get to raise the single remaining cup in their honor. They then start the next race by placing the cup on the floor and shouting "GO!" for the next group.

VARIATIONS: Set up the triangle with eight sets on the first row, seven sets on the next row, six sets on the next continuing until there is a single cup at the top of the triangle. Adjust the patterns to be stacked according to the number of sets of Speed Stacks that you have. . **Wave Stacking:** When the last stacker from the first eight reaches the second row, the next wave of eight is started. Continue the wave starts for optimal movement.

March Madness "SWEET 16"

Equipment: 31 sets of Speed Stacks.

Set-up: Triangular (see Appendix, page 24), with 16 sets, each in a 3-3-3 or 3-6-3 down stacked approximately four feet apart on the starting line (run just like the "Elite 8" above).

Procedure: Begin with 16 sets of cups, advance to eight, then four, then two, then one.

A Speed Stacks President's Physical Fitness Challenge



Set-Up: Five stations as described below.

#1 Push-Ups: Up stack and down stack a 3-stack, alternating hands while in a push-up position. (For an extra challenge, do the 6-stack.) Do for one minute.

#2 V-Sit and Reach: Assume the V-sit position (legs are flat on the floor straight out in V-position, feet about 18 inches apart). Place three cups in the down stack position between feet. Stacker stretches forward and up stacks the cups, relaxes, then stretches forward again to down stack the cups. Do for one minute.

#3 Shuttle Run: Two sets of Speed Stacks are set in a down-stacked 3-3-3 (or 3-6-3) at opposite ends of the gym or movement area. Stacker starts from one set, runs to the other end and up stacks that set. Leaving it up, the stacker runs back where he started and up stacks this set. Leaving this up, he runs back to the other set, down stacks it and runs back to down stack the set at the starting line. (For added excitement, use a StackMat, use tables.)

#4 Sit-Ups: Stacker is in sit-up position with the knees bent and feet separated one-foot apart. Three down stacked Speed Stacks cups are positioned between the feet. On the first "up" movement, the Speed Stacks are up stacked. On the next sit-up, the Speed Stacks are down stacked. Do for one minute.

#5 Distance Run: For every lap around the running area each stacker grabs a cup from a Speed Stacks set. At the end of the run, the stackers count their cups to see how many they have. Set a designated time for the run (five minutes, eight minutes, etc.).

VARIATIONS: For a cool down, have the stackers combine their cups and Partner Stack. Encourage stackers to use their stacking skills.



A great way to keep track of time in large groups is the Speed Stacks Tournament Display. Plug it into a StackMat and you can get times for any activity. Display is visible from 100 feet away!

Skill-Related Fitness Activities

Skill-related fitness is essential to performance in games and sports, as well as to working efficiency. The following are activities that enhance agility, coordination, balance, reaction time, speed and power.

AGILITY: The ability to change body positions quickly and accurately. Repetition of timed stacking sequences enhances agility. □ □

COORDINATION: The ability to use the senses together with the body parts. Sport stacking with Speed Stacks is an activity in itself that enhances hand-eye coordination.

The Speed Stacks Agility Shuttle Run □ □

Equipment: Two sets of Speed Stacks, a StackMat, pencil, and a time sheet to record personal best times.

Set-Up: Mark two lines 30 feet apart and place one set of Speed Stacks on one line and a StackMat and set of Speed Stacks on the other..

Procedure: The Speed Stacks Agility Shuttle Run is conducted in a similar manner as the Shuttle Run for the Speed Stacks Fitness Challenge (see page 13). This activity may be done on the floor or on tables. Using the width of a volleyball court (30 feet), set up whatever stack you desire your students to complete at each side of the court. We recommend you start with a 3-3-3. At the starting line, with hands properly placed on the StackMat, and on the "Ready, Get set, Go" signal, the agility runner runs the 30 feet to the opposite side, up stacks and down stacks, returns to the starting point, up stacks and down stacks, returns to the opposite side, up stacks and down stacks, then returns to the start and touches the pads on the StackMat. The agility runner may have three attempts to record a personal best. Subsequent agility runners are given a chance to beat the best time on the sheet or get their own personal record on the Speed Stacks Agility Run.

VARIATIONS: Head-to-head competition. . .Team relays.

Individual Agility Slide □

Equipment: 1 table, four sets of Speed Stacks, one StackMat, pencil, and a time sheet to record personal best times.

Set-Up: Quadrant (see Appendix, page 24), place StackMat in one quadrant, each set should be in a down-stacked 3-6-3.

Procedure: Start at the StackMat and up stack the 3-6-3. Leave the 3-6-3 in the up stack position then slide sideways to the next set, up stack the 3-6-3, leave it in the up stack position. Continue to slide to each set up stacking only. Upon returning to the StackMat, begin down stacking each set in the same order as up stacking. After all sets have been down stacked, the stacker stops the StackMat timer. Record the time and try again. Best of three attempts is recorded on the time sheet at the table to determine the table record.

Agility Slide (cont.) □ □

VARIATIONS: Up stack and down stack sliding around the table. . .Slide around the table two or more times, then stop the StackMat. . .Slide to the right one time, then reverse to the left, stop the StackMat. . .USE YOUR CREATIVITY TO ENHANCE AGILITY! . . .Use a round table. . . Do a Giant Slide—connect four or more tables. . .Do a head-to-head competition. . .Have each table's fastest stacker challenge one another.

Down-Under Agility □ □

Equipment: One table, two sets of Speed Stacks, two StackMats, tumbling mat (optional, may want to reinforce stop, drop & roll fire safety principle), pencil, and a time sheet.

Set-Up: Place one StackMat on one side of the table and another StackMat on the other side directly across from each other. Place tumbling mat under the table. Set Speed Stacks in a down-stacked 3-6-3.

Procedure: Beginning on one StackMat, the stacker will start the timer, up stack and down stack the 3-6-3, then crawl or roll under the table to the other StackMat and up stack and down stack that 3-6-3. The stacker then crawls or rolls back to the first StackMat, up and down stacks the 3-6-3 and stops the timer. Best time of the three Down-Under Agility tries is recorded!

VARIATIONS: It is possible to have two stackers side-by-side per table. Just make sure everyone is doing the exact same Down-Under movement. One may want to make it a Down-Under competition! . . .If several tables are used, take the fastest time from each table and bring them together for the Speed Stacks Down-Under Agility Challenge!

Agility Shuttle Run (floor stacking)



Skill-Related Fitness Activities (cont.)

BALANCE: The maintenance of equilibrium. There are two types of balance: static and dynamic. Try these activities that require maintaining balance while stacking.

Balance Boards/Balance Trainer/Rola-Bola

Equipment: One table, StackMat, set of Speed Stacks, Balance Board/Balance Trainer/Rola-Bola, Super Stacks or Speed Stacks Minis (optional)

Set-Up: Place Speed Stacks in a down-stacked 3-3-3 on a StackMat on a table.

Procedure: The goal is to up stack and down stack without a fumble while balancing. **Goal setting:** How many consecutive times can one up stack and down stack the 3-3-3, 3-6-3 or Cycle without a fumble? Using the StackMat, do individual timing while balancing. Record personal bests!

Exercise Ball Challenge

Equipment: One table, set of Speed Stacks, one exercise ball 24"-36" in diameter, tumbling mat

Set-Up: Exercise ball on tumbling mat in front of table with Speed Stacks.

Procedure: The stacker assumes a prone position balancing on the ball facing the Speed Stacks set up in a 3-3-3, 3-6-3, 6-6 or Cycle stack. The goal is to balance on the ball in the prone position, stacking repetitively, maintaining balance and consistently stacking the designated sequence with few or no fumbles. (SAFETY SUGGESTION: Use a partner for spotting stacker on the ball and to recover any fumbles.)

VARIATIONS: Use Speed Stacks Minis or Super Stacks. . . Try to stack while on the ball in other positions. . . Use a StackMat for times and to strive for personal records.

Stork Stack

Equipment: Tables, StackMats, Speed Stacks, Minis or Super Stacks (optional)

Set-Up: Quadrant (see Appendix, page 24)

Procedure: Standing on one foot, staying in one place at a table, up stack and down stack without touching the raised foot to the floor, and of course, no fumbles. How long can you stand and stack on one foot? Use the StackMat timer! Try the other foot!

VARIATIONS: How about Stork Stand with Speed Stacks? (Stork Stand position: Stand with feet together, place the right foot against the inside of the left knee.) When up and down stacking, do not lean or touch the table. How long can you Stork Stand without touching the foot of the raised leg on the floor? Try the other foot!

Hop & Stack

Equipment: Tables, StackMats, Speed Stacks.

Set-Up: Quadrant (see Appendix, page 24)

Procedure: Have students stack while hopping on one foot. Who can stack with the fewest fumbles? Try the other foot. Go for your best time while hopping.

VARIATIONS: Stack while doing jumping jack motion (legs only). . . Try repetitive jumping while stacking.

"The great athletic performers are ambidextrous. Look at Magic Johnson, Larry Bird and Michael Jordan. They're ambidextrous and very right-side brain players--very creative and very aware. Sport stacking helps develop ambidexterity."

—Dean Brittenham, former Athletic Director,
Scripps Clinic, Shiley Sports and Health Center,
San Diego, CA

REACTION TIME: The time from stimulation to reaction. Did you know that a recent study suggests that sport stacking with Speed Stacks can improve reaction time by nearly 30 percent?

Quick Draw

Equipment: Tables, StackMats, Speed Stacks.

Quick Draw #1: Partner up with another stacker across the table or floor. Place a down-stacked 3-stack on the Stackmat. Place hands on the StackMat touch pad. A starter will say "Ready, Get set, Go." Stacker simply reacts to "Go" and lifts up the top cup with one hand and the second cup with the other hand. Hands have to be correctly placed on the touch pads! How quickly can the two cups be picked up without disturbing the third cup? Do this a few times by yourself and then challenge the partner across from you.

Quick Draw #2: (Starter will start the group each time.) Quickly up stack only the single 3-stack and stop the timer! Repeat and down stack the 3-stack and stop the timer. Add a second 3-stack. Up stack the two 3-stacks, stop the timer. Down stack the two 3-stacks, stop the timer. Add a third 3-stack, repeat this reaction time exercise. How about up stacking a 6-stack, stopping the clock and down stacking, stopping the clock? Two 6-stacks now! Ten-stack, up stack only. Repeat and down stack. Might as well do a 1-10-1, too! Now create your own reaction time activity.

VARIATION: Two stackers go head to head.



Skill-Related Fitness Activities (cont.)

SPEED: Speed is performance done in a short time. There are several ways to increase speed in movement activity. It may help to build up your muscles to be stronger. Learning the correct form and technique for a specific activity is a must. More importantly, this form must be correctly practiced over and over. Want to see the word "Speed" given true meaning? Check out world record holder Emily Fox, and you will see why there is truly "SPEED" in Speed Stacks.

Rapid Fire (Hand Speed Workout)

Equipment: Table, set of Speed Stacks, StackMat

Set-up: Quadrant and Rapid Fire (see Appendix, page 24). Place 10 individual Speed Stacks cups in two horizontal, parallel rows of five (all cups touching each other) on the StackMat. Place one single cup on the left side of the touch pads, and one single cup on the right side of the touch pads.

Procedure: Stacker begins by placing hands on the touch pads of the StackMat. Upon lifting hands to start the timer, the stacker begins by picking up the cup on the left side of the touch pads with the left hand and the cup on the right side of the touch pads with the right hand. The object is to rapidly collect each single cup into one hand or the other until all cups are collected and then nested into a stack of 12. At this point, the stacker stops the StackMat. If desired, record fastest 'Rapid Fire' time. **NOTE:** Nested 12 cups must remain standing.

This activity may also be done on the floor.

VARIATIONS: "Rapid Fire 1-10-1"—Upon nesting the 12 cups together at the end of the "Rapid Fire" sequence, immediately move into a 1-10-1 up stack and down stack, ending in a 3-6-3. Record time! This will give additional practice ending the Cycle Stack. . . Use Speed Stacks Minis or Super Stacks. . . Let stackers make up their own patterns when they set up their cups.

SUPER STACKS® Weighted Training Cups

To improve strength and stacking speed, a stacker can use

Super Stacks weighted training cups. When using the weighted Super Stacks and stacking the various sequences, one should use consistent and correct form. After stacking with Super Stacks for about five minutes, the hands will feel lighter. Switch to regular Speed Stacks and the speed of stacking may increase if the proper sport stacking techniques are followed. (Instructors teaching

sport stacking should insure proper form and technique. The Speed Stacks Instructor Training video and Stacker Training DVD are great resources.)



POWER: Power is strength times speed. Power can be developed by improving both strength and speed. To develop power, one must practice doing activities that require strength, but that are done explosively or with speed. Examples are jumping high or far, throwing or kicking. See how sport stacking can help you put the power behind any activity.

Power Jump & Stack It

Equipment: Sturdy chairs, aerobic steps, folding tumbling mats, 18" cones, jump ropes or high jump bar. These ideas can be done on the floor, on a table, or on the front of a raised stage area with the use of the above equipment.

#1 Standing Long Jump

Set-up: Straight Line (see Appendix, page 24)

Procedure: From a starting line, place Speed Stacks in a 3-3-3 or 3-6-3 across the movement area about 10 feet between each stack. Stacker will do a standing power jump/standing long jump toward the first set of Speed Stacks. If they do not reach the first set of Speed Stacks on the first jump, continue making good jumps until they reach the first 3-stack. Up stack, then line up with cups and do another series of standing power jumps/standing long jumps to the next stack. Up stack and repeat steps until up stacking is completed. Walk/jog back to the start and repeat the power jump/long jump sequence to down stack. The goal is to see if it will take fewer jumps to reach the Speed Stacks when down stacking. Encourage exploding far, with good balance and form. This is not a race!

#2 Power-Up & Stacking

Set-up: If you have a stage area that is 3-5 feet high, this works great. Place Speed Stacks in a 3-6-3 on the front edge of the stage.

Procedure: Take a folding chair and place it with the back of the chair to the stage. Power-Up Stacker faces the chair and the 3-6-3 Speed Stacks. Stacker does a power jump upon the chair, up stacks the Speed Stacks and steps backward down off the chair. Repeat the power jump upon the chair to down stack. Stacker completes a selected number of power jumps indicated by the instructor, or do the power jumps for a certain amount of time. Tip: Power jump height can be adjusted dependent on ability or age group of stackers. This is not a race!

#3 Power-Up Skier Stacking

Set-up: Two tables will be needed, a jump rope, two 18" cones, two StackMats, two sets of Speed Stacks. Set tables up five feet apart, place cones equally between tables. Place the end of the jump rope into the cones so the rope is 10-15 inches off the ground. StackMats will be on each table with Speed Stacks arranged to stack a 3-3-3 or 3-6-3.

Procedure: Stacker up stacks, turns sideways, does three ski jumps (sideways jumps) over the 10-15-inch-high rope. The stacker will then be on the opposite side of the jump rope barrier and will up stack only. Do three ski jumps, and down stack, three ski jumps, up stack, etc. A minimum time may be given such as 30 seconds, one minute—instructor choice!

VARIATION: May want to record number of times Speed Stacks were stacked in the given amount of time.

Floor & Table Relay Activities

A great way to reinforce sport stacking skills, develop sportsmanship and foster teamwork and cooperation.

FLOOR RELAYS

Equipment: One or more sets of Speed Stacks per team. (Number of sets will be determined by what pattern is being stacked, what set-up is being used, and how many stackers are on each team.) Cones.

End Line Floor Relay

Set-up: End Line (See Appendix, page 24). Set out cones equal distance apart on end line to form relay lanes. Determine the pattern to be stacked (3-3-3, 3-6-3, 6-6 or Cycle). Set up this pattern on each cone. (If you are in a gym, arrange the cones and Speed Stacks on the mid-court line or under the far basket, and have the starting line be under the close basket.) You can also set up sideline to sideline.

Procedure: Stackers line up at the starting line in teams of two, three or four stackers per team, directly in line with their set of Speed Stacks on the end line. On the "go" signal, the first stacker runs to up stack and down stack the pattern, then runs back and tags the next stacker. The race is finished when each stacker on the team has up stacked and down stacked the pattern once and returns to the starting line.

NOTE: All fumbles must be fixed, and cups must be in an upright position before the next stacker may leave the starting line.

VARIATIONS: This can be done as a "Doubles" competition, with two stackers running down and stacking together (the person on the right is the right hand, the person on the left is the left hand). . . To add some fun to this, make it a 3-legged race to the stacks and back again! . . . Use scooters. . . Use different locomotor movements. . . Add challenges like hurdles or an obstacle course. . . Add manipulatives like jump ropes or balls or juggling scarves. . . Have stackers get into a push-up position (or) sit-up position to stack when they reach the end line. . . Use Speed Stacks Minis.

Straight Line Floor Relay

Set-up: Straight Line (See Appendix, page 24).

Procedure: Stackers line up at the starting line in teams of two, three or four stackers per team. The first stacker runs to the first stack and UP STACKS ONLY, runs to the next stack and up stacks it and runs to the third stack and up stacks it. The stacker then runs to the cone, which is touched. Reversing direction, the stacker then DOWN STACKS each stack in reverse order and runs to tag the next person in line. The challenge is complete when each stacker on the team has completed this pattern and sits down where they started with their hands raised. **NOTE:** All fumbles must be fixed, and all stacks upright before the next stacker begins.

VARIATIONS:

Run the Loop: The first stacker up stacks each stack in order while moving to the cone. After touching the cone, the stacker runs back to the first stack and down stacks each stack. After touching the cone again, the stacker runs back and tags the next person in line.

Basketball or Soccer Ball Dribble 'N Stack: First stacker dribbles up to first stack, sits on ball and up stacks and down stacks, moves on to next stack, sits on ball and up stacks and down stacks. After the last stack is completed, the stacker dribbles around the cone and then weaves dribbles back to the next stacker in line. The stacker stops five feet from the next person and passes the basketball, or use a soccer ball to dribble with feet then pass.



(NOTE: The basketball and soccer ball variations are optimal when only using two stackers on a team. The stacker waiting in line may be practicing ball handling skills or juggling scarves while waiting to be tagged.)

Move 'N Hurdle Stack: Place three sets of Speed Stacks, each with 12 cups down stacked at 10-foot intervals between the starting and ending line with cone. Each stacker uses any locomotor skill (skipping, hopping, jumping, etc.) and up stacks each set in a 1-10-1. Touch cone and on the way back

to the starting line,
the stacker HURDLES over the up stacked 1-10-1 stacks. This may be continued with the stacker returning to down stack each set into a 3-6-3 or tag the second stacker and they down stack the already up stacked sets and hurdle back.

Competition Table Relay



Floor & Table Relay Activities (cont.)



Continuous Relays

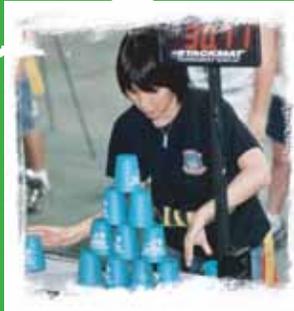
Equipment: Tables, a set of Speed Stacks for every group of two students.

Set-up: Quadrant (See Appendix, page 24)

Procedure: Have each set of Speed Stacks arranged on tables (can be done on the floor as well) to begin a selected stack (Instructor's choice: 3-3-3, 3-6-3 or Cycle). Students will need to find a partner, locate a stack for the two of them and line up single file, five feet away from the table. When the instructor gives the "go" signal, the first in line runs up to the table and stacks the selected stack. Once finished, they run back and tag the hand of their partner, who then proceeds to run up and stack. Another hand tag to the first stacker and the relay continues until the instructor calls for the group to finish.

This is great for practice!

VARIATIONS: Use music as a "go" and "stop" signal. . .As a team, stackers count how many stacks are completed in a set amount of time. . .**Prediction Stacking:** Have stackers predict how many stacks they can do in a set amount of time and find out if their predictions are correct. . .Use Speed Stacks Minis or Super Stacks. . .Use pedometers.



4-Person Competition Table Relays

Equipment: A set of Speed Stacks and StackMat for each team of four stackers, tables.

Set-up: Competition Table (See Appendix, page 24).

Set up tables in a straight line and place Speed Stacks on StackMats. Arrange Speed Stacks in preparation of a selected stack (3-3-3, 3-6-3 or Cycle).

Procedure: Group stackers into teams of four and have them line up single file, five feet away from their respective set of Speed Stacks. Have the first stacker in line proceed to the table for the start. (NOTE: The StackMat timer should be started by the first stacker and stopped by the last stacker.) The instructor will start the race with "Ready, Get Set, Go." When the first stacker on each team completes the designated stack, they run back to their team and tag the hand of the next stacker. The third and fourth stackers then go in order, with the fourth stacker being the one to stop the timer on the StackMat. Remember to encourage stackers to fix their fumbles!

VARIATIONS (for Four-Person Relays not used in WSSA competition): Do a two-or three-minute relay. . .Doubles. . . Have four teams of four at a table. . . Set the tables at the opposite end of the space and have stackers use different locomotor skills to go from the starting line (run, skip, hop, jump, etc.). . . Use Speed Stacks Minis or Super Stacks. . .Use pedometers.



Challenge Activities

Measure your sport stacking skills with these competitive challenges.

Personal Bests

Equipment: Speed Stacks, time sheet (one per student), StackMats, pencils.

Set-up: Have stackers arranged on tables or the floor so they may work individually or with a partner to achieve their best times.

Procedure: Have students record their times in the various stacks (3-3-3, 3-6-3 and Cycle) and work toward achieving their personal bests. Add a little math and have students chart their progress on a graph. Integrate a few more math skills with prediction and averaging.

Sport Stacker Challenges

Equipment: One set of Speed Stacks for every student, Speed Stacks Minis (optional).

Set-up: With each stacker having a set of Speed Stacks in hand, they circulate around the movement area and prepare to set up challenges with other stackers.

Procedure: This activity helps develop speed and good sportsmanship. Stacker Challenges start when a stacker challenges another to a "match" (best two out of three races of a particular stacking sequence). A stacker cannot say "no" to a challenge, and both stackers must agree on whether they are doing the 3-3-3, 3-6-3 or Cycle. After the decision has been made regarding the stacking sequence, the two stackers must find another student to act as the "judge." The judge starts the first race with "Ready, Get Set, Go" and determines the winner of the race. The judge continues to direct and judge the races between the two stackers until one wins the best two out of three races. After the match, both stackers shake hands, thank their judge and all three then look to participate in other challenges.

VARIATIONS

#1-Ladder competition: Each stacker has a card with his/her name on it. These cards can be attached to a laminated poster, a wall or a bulletin board to create a ladder effect. A stacker can challenge a stacker whose name is directly above or two names above their name. The match is run just like a Stacker Challenge. If the stacker wins the match, their name is placed ahead of the stacker who they defeated. If the stacker loses, their name remains in the same position on the ladder.

#2-H-O-R-S-E (or P-I-G): When a stacker loses a match (best two out of three), that stacker gets a letter. The first person to spell "horse" or "pig" loses.



March Madness "FINAL 4"

Equipment: The number of sets of Speed Stacks will vary depending on the patterns chosen to stack. (If a 3-6-3 pattern is stacked in the "Final Four," then 10 sets are needed.)

Set-up: Triangular (See Appendix, page 24) in any large open floor area. (You will need to set up enough triangles to accommodate approximately 12 stackers per triangle.) Stacks may be set up in any pattern. Patterns may progress in difficulty or may all be the same.

Example of Triangular Set-up (A basketball court is ideal for one large triangle): Set up four 3-6-3 stacks at the free throw line, about four or more feet apart. At the center court line, set up three 3-6-3 stacks, centered above the original four sets. On the far free throw line, set up two 3-6-3 stacks, centered above the previous three stacks, and top off your triangle with one 3-6-3 stack, as well as a single cup, on the end line at the opposite end of the basketball court.

Distances between the tiers of the triangle will vary, depending on the movement area and space availability.

(There can be many options of this very fun stacking challenge!)

These can be set up with eight sets on the starting line,

called the "ELITE 8" or 16 sets at the start, called

the "SWEET 16." These are explained in the Cardio-

vascular section of this guide, page 13.) The objective of these challenges is to remain the final stacker in the game.

Procedure for "FINAL 4": Begin with four students lined up at the starting point aligned with the four stacks of the 3-6-3 sets that are arranged on the free throw line. On the "go" signal, the four stackers race to the 3-6-3 stack in front of them and properly up stack and down stack this sequence. The four stackers then race on to the next tier where the first three to get there have the opportunity to continue. The stacker who gets "stacked out" simply returns to the starting line and joins in again when it comes their turn. The three stackers still in the running, up stack and down stack their sets and race to the next tier of the triangle where there are two stacks set out. The first two to get there stack and then run to the final 3-6-3. The first one to get there stacks the final 3-6-3 and is declared the winner. Once the race is over, the winner starts the next group by raising the single cup in the air then placing it firmly on the floor and saying "Go!"

VARIATIONS

Winner's Triangle: Set up several triangles around the gym or open space. The "winners" of each race at each triangle move to an empty triangle and stack against each other. As stackers are "stacked out," they can rotate to another triangle, thus always stacking against new people.

Wave Stacking: Stackers line up at the starting line with three or more stackers in each line. As soon as the first four stackers have finished stacking the first tier of the triangle, the next four stackers begin. As stackers are eliminated, they line up and start again.

Challenge Activities (cont.)

Bump Up–Bump Down

Equipment: 4-6 tables (one table for every four stackers), one set of Speed Stacks for each stacker.

Set-up: Quadrant (see Appendix, page 24), number each table and line them up end to end.

Procedure: Have four stackers at each of the tables. Each stacker will race against only those at their table attempting the 3-3-3, 3-6-3, 6-6 or Cycle stack (choose one). Stackers are trying to get to Table #1. Instructor will say "Ready, Get set, Go!" All tables race and determine 1st, 2nd, 3rd and 4th place. The 1st-place stacker moves up one table (move from Table #3 to Table #2) and the 4th-place stacker moves down one table (i.e. move from Table #1 to Table #2). The 2nd- and 3rd-place stackers always stay at that table until they finish 1st or 4th. Continue to do table races for 10, 15 or 20 minutes.

VARIATIONS: Have three stackers at each table. . .

Have known "fast" stackers start at Table #6. . .

Use music as the "start" signal. . .

"Go for the Gold"—have gold Speed

Stacks at Table #1, silver at Table #2 and bronze

at Table #3 (or you could use blue, red and white).

Copy Cat Stacking

Equipment: One set of Speed Stacks for each student (solid colors or two or three colors), shield (poster board, piece of cardboard or sheet of paper) for each pair

Set-up: Have stackers partner up and then find a space in the movement area.

Procedure: Partners sit cross-legged, back-to-back. We suggest that both stackers have either equal solid sets or equal numbers of two or three colors of Speed Stacks mixed together to make a set. One partner is designated as the "Creator," the other is named the "Copy Cat." With backs to their partners, the Creators set up some formation with the Speed Stacks. The stack may be a normal pattern up stacked in a 3-3-3, 3-6-3, 6-6, 10-stack, 1-10-1 or a creative "cup creation" such as a stalagmite or tower. Once the Creator has completed the cup pattern, he or she shields it from the Copy Cat. The Copy Cat turns around and faces the Creator, who removes the shield. The Copy Cat studies the design for 10-15 seconds. The Creator then shields the design again, and the Copy Cat tries to duplicate the design exactly. Partners then compare their designs, switch roles and do it again.

VARIATIONS: Use more than three colors. . . Use Speed Stacks Minis. . . Switch partners.

Squad Timed Stacking

Equipment: One set of Speed Stacks for every stacker, one StackMat, time sheet and pencil for every squad.

Set-up: Stackers are sitting in squads with one set of Speed Stacks in front of each stacker.

Procedure: Stackers begin by warming up and practicing on the floor in their squads. The objective of the challenge is for each squad to record the fastest overall time for each stacking challenge by adding together all the squad members' best times. One stacker is designated as the timer and record keeper. The instructor chooses which stack is to be stacked. After warm-ups, each stacker stacks on the StackMat in front of the record keeper, who records their best time. The total time of the squad is added up for each stack. Allow time for the record keeper (or another student designated as the stack calculator) to add up the times. Squads compare times. Students are allowed to continue warming up until it is their time to stack.

VARIATIONS: Do a "Doubles" Stacking timed event. . . Do a squad timed relay. . . Use Speed Stacks Minis.



ON THE MOVE with Emily Fox Sport Stacking World Record Holder

Challenge yourself to beat the
fastest stacker in the world!

Emily holds the world record for the 3-6-3 with a time of 2.72 seconds. Her world record for the Cycle stack stands at 7.43 seconds and is included in the Guinness Book of World Records.

When Emily's not stacking, her fast hands have served her well on the basketball court. She helped lead her Colorado high school team to three consecutive state championships.

She now is a scholarship athlete playing Division I college basketball. Emily credits sport stacking for helping her develop the quickness and ambidexterity needed for strong ball-handling skills in her position as a point guard.

Partner Stacking

The ultimate in cooperative sport stacking.

Equipment: A set of Speed Stacks for every stacker, StackMats, tables, upbeat background music.

Continuous Up and Down Stacking

Partners should prepare for a 3-6-3 stack on their table. Before starting, put each of the 3- stacks in an up stacked position and leave the 6-stack down. Standing side-by-side, the stacker on the right (and working from left to right) down stacks the first set of three, up stacks the 6-stack and down stacks the last set of 3. The second stacker follows right behind, up stacking the first 3, down stacking the 6 and up stacking the last 3. Stackers rotate in a clockwise direction around each other. The partners continue to stack in this rotation until time is called.

VARIATIONS: Have the partners up stack the Speed Stacks into a 6-6 to set up this sequence. The first partner then down stacks both 6-stacks, the second partner up stacks them. Stackers rotate in a clockwise direction around each other. The instructor can also say "reverse", and the stackers stay in the same place but reverse which way they are stacking, whether up or down.

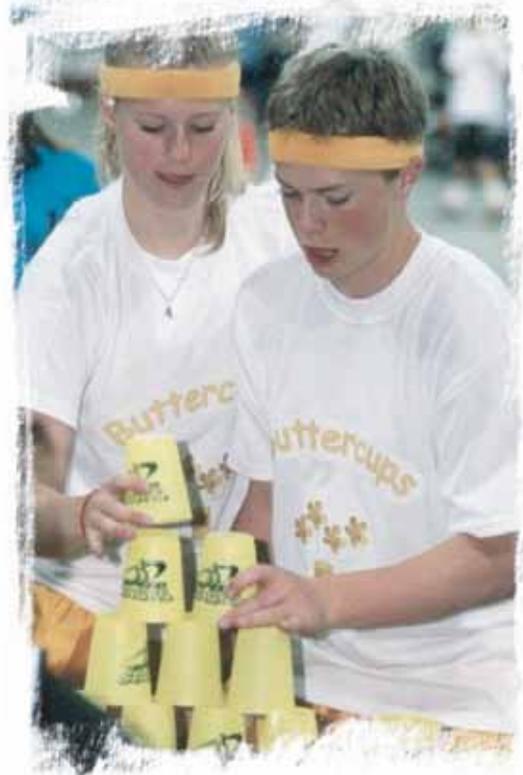
"Doubles"

Have each set of partners stand side-by-side at their table facing their set of Speed Stacks. (Remind stackers this is a cooperative event, not a race against each other.) The stacker on the right side must use their right hand only, while the stacker on the left side must use their left hand only. Working together, the partners stack 3-3-3, 3-6-3 and Cycle stacks. (Each individual stack of cups, in both the up stacking and down stacking phases, must be handled by both stackers.) After a practice session, have the partners time themselves using a StackMat. Record their time. Partners can choose to switch sides and/or hands between tries. This is a new competitive event at the World Sport Stacking Championships. (Remember: Stacker on the right may only use their right hand and stacker on the left may only use their left hand. In other words, TWO STACK AS ONE!)



Cup Choreography

Have partners create a sport stacking routine to music! Have each pair (or this could be expanded to groups of four) select a song and choreograph different stacking sequences to the selection. Encourage other dance moves to be incorporated into the routines. After adequate time is given to practice, each group can perform their routines for the entire class.



Freestyle Stacking



Equipment: One set (or more) of Speed Stacks for every stacker; open floor and wall space, upbeat background music, tables, Speed Stacks Minis (optional)



Here are some ways to encourage cooperative and innovative stacking

Empire State Stacking

Group stackers into teams of three or four. Each stacker will have a set of Speed Stacks to contribute to this group stacking activity. Determine a set amount of time (five or 10 minutes) for students to build the tallest stack they can from the floor up. After judging the stacked skyscrapers, regroup the teams into 6 or 8 stackers each. Again, give the groups a set amount of time to build the tallest stack they can. Judge the stacks again. This is a great team-building activity! Advise the stackers that when they down stack their skyscrapers, do so carefully to try and keep the Speed Stacks from falling on the floor.

VARIATION: Instruct the stackers that they may only have one cup in each hand and with that hand place the cup on the creation.

Egyptian Pyramid Stacking

Have all students contribute to constructing a giant cup pyramid against a wall. A variety of colors can be used to create different patterns.

VARIATIONS: Spell a word inside the pyramid. . . Create an artistic design within the Egyptian pyramid. . . Try building a pyramid away from the wall.

Cup Creations

Instead of the tallest pyramid, have stackers try their hands at inventing an original Speed Stacks Cup Creation, let their creative juices flow. Group stackers into teams of four to six, each having one or more sets of Speed Stacks.

Give them a set amount of time to complete whatever creation they agree on (i.e. an American flag, a maze, a rainbow, or a cup castle, let their imaginations roll). Allow time for groups to share and explain their creations.

VARIATIONS: Give students a theme for their creations such as animals in a zoo, modes of transportation, geography, architecture, sports. . . Create a new stacking sequence and pattern, teach it to another stacker, then challenge them.

Figure It Out—Figure out how to do 2-color, 3-color, 4-color and 5-color stacking.

Manipulation—Check out the Speed Stacks "Stack Fast" training DVD and watch the hand manipulation segment. Develop a new walking 3, walking 6, etc.



Unit Finale

Looking for ways to culminate your sport stacking unit? Think Field Day, or a tournament (at your school, your district, your state, even your region). Or you may want to try the following unique stacking challenge.

Team Novelty Stacking Challenge

Equipment: Find 12 of anything that will stack in a stable manner (clean one-gallon paint cans, five-gallon buckets, shoe boxes, paper boxes, boxes of any equal size, office trash cans, 30-gallon trash cans, plastic soap or bleach barrels found at hospitals or other institutions, pop cans, whatever your imagination can come up with), StackMats or stopwatches, pencils and scorecards for each station.

Set-up: Arrange each group of 12 stackable items at a "Stacking Station" placed around the movement area.

Procedure: Divide students into teams of four and have each team come up with a creative name (Stack Attack, Stack Masters, Cupcakes, etc.). Instructor will demonstrate the appropriate stacking sequence for each station (3-3-3-3 or 3-6-3). Each station will have a StackMat timer or a stopwatch and pencil with a time sheet. Teams are assigned to a "Stacking Station" to begin the activity and are given five minutes to up stack and down stack the novel items and record their times. After five minutes, their best time is circled and it's time to move on to the next station. Some good, upbeat stacking music would be very appropriate during this stacking challenge. Times can be compared and records set for each Stacking Station.

In addition to the creative staff at Speed Stacks, our thanks to the following for their contributions to this ON THE MOVE Activity Guide:

Lori Smith, Iowa
Sally Lord, California
Jim Brown, Kansas
Rhonda Holt, Kansas
Mark Ruggles, Kansas
Carol Martini, Massachusetts
Kayren Misenheimer, New Hampshire
Susan Dickens, Virginia

Do you have a terrific, tried-and-true **ON THE MOVE** Speed Stacks activity?

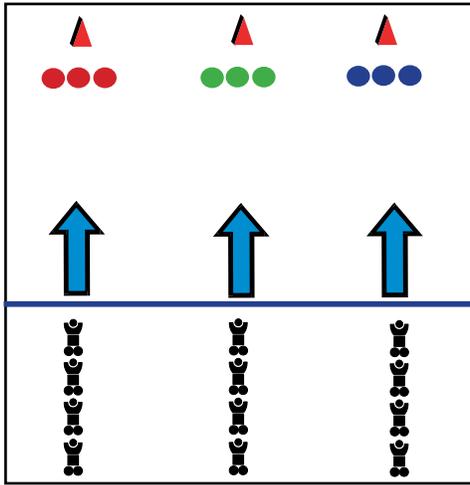
Would you like to share it with fellow sport stacking instructors? Submit your idea to Speed Stacks, Inc. for future publication in our **ON THE MOVE** Activity Guide and on our website. If we use your idea, you will receive free Speed Stacks merchandise as a thank you.

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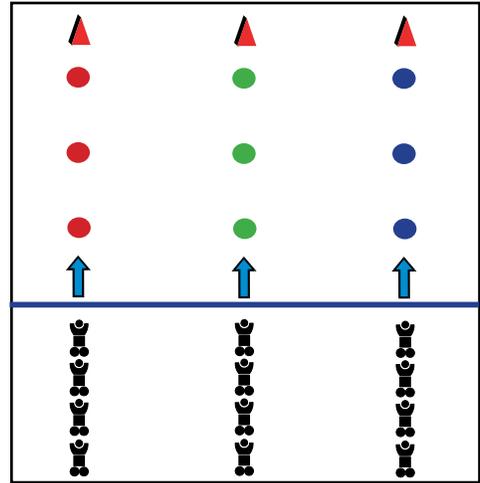


Floor Set-up DIAGRAMS

End Line



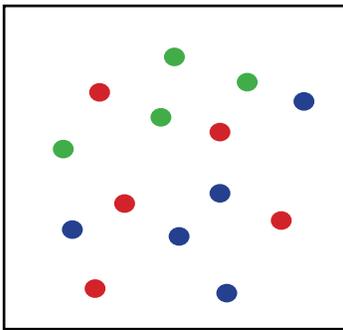
Straight Line



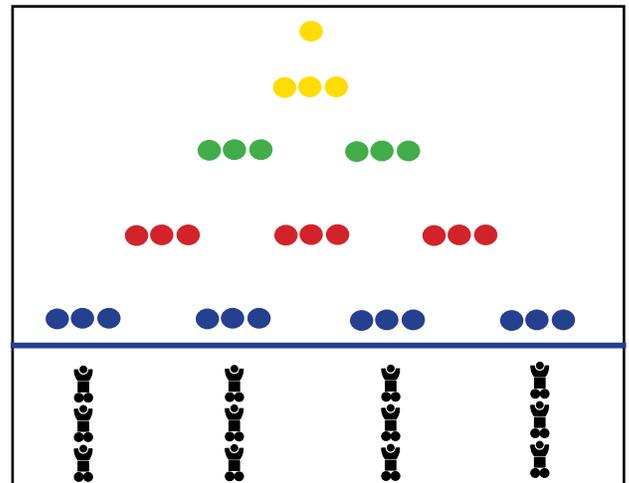
Key

- Cone or marker
- Speed Stacks (in desired formations)
- Stacker

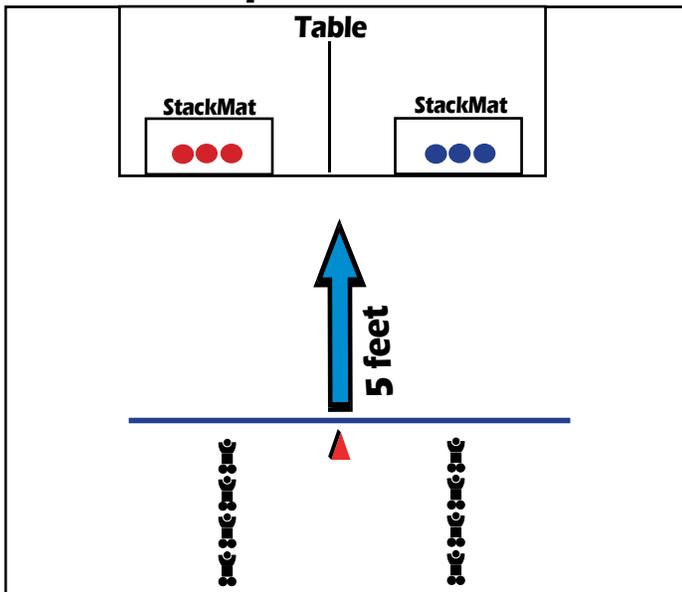
Random



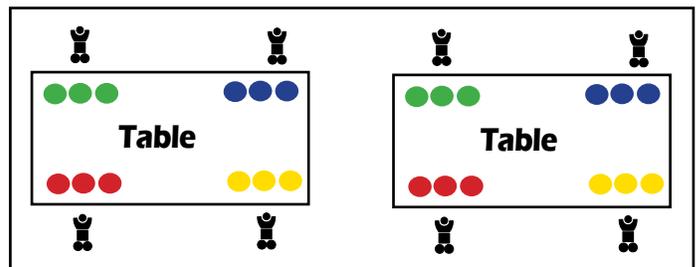
Triangular



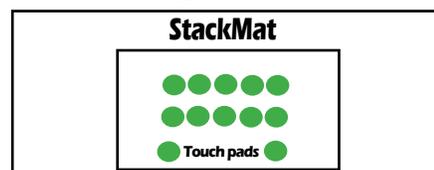
Competition Table



Quadrant



Rapid Fire



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ON THE MOVE



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The World Sport Stacking Association (WSSA) was formed in 2001 and promotes the standardization and advancement of sport stacking worldwide. This organization serves as the governing body for sport stacking rules and regulations, provides a uniform framework for sport stacking events, and sanctions sport stacking competitions and records.

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