



The Leader in Sport Stacking



FITNESS STACKING

*Sport Stacking with a TWIST...
A RUN, AND A JUMP!* **GUIDE**

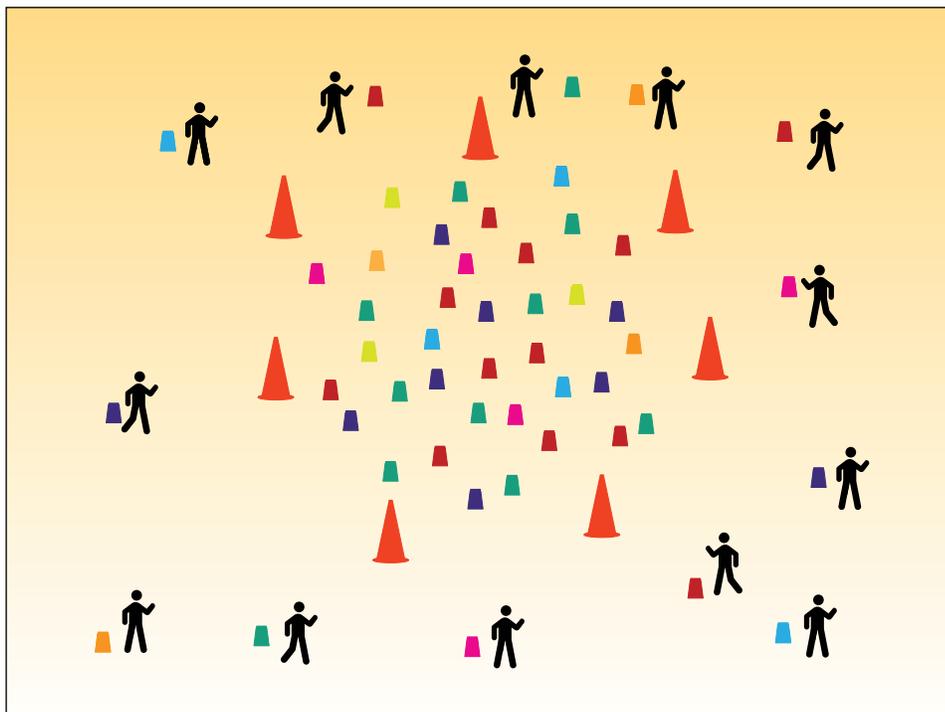


Speed Stacks, Inc., the Leader in Sport Stacking, is pleased to introduce Fitness Stacking to its lineup of physical education activities. Think of it as sport stacking with a twist to get the whole body moving. In this Fitness Stacking Guide, you'll find six fitness activities to energize your students. In addition, we've included three suggested Session Outlines. Plan now to incorporate the fun of sport stacking with the essentials of fitness, no matter what the season!

www.speedstacks.com

FETCH 12

Every student dashes to collect their Speed Stacks® one at a time, then stacks to the finish.



FACT

Sport stacking with Speed Stacks has been proven to enhance hand-eye coordination and reaction time by nearly 30% and activate both sides of the brain! Add some running and jumping to the equation, and you'll get hearts pumping, hands coordinating and brains activating. Check it out at www.speedstacks.com and while you're there, check out all the new features, video clips and teacher hints on the redesigned and very cool Speed Stacks website.

EQUIPMENT: One set of Speed Stacks for each student.

SET-UP: Have stackers spread out 11 of their cups randomly within the designated activity area covering most of the space available. Have the stacker place the 12th cup on the floor outside the activity area. This will become the stacker's "home base". Have stackers stand next to their home base to begin the activity.

PROCEDURE: On the "GO" signal, (using music is preferred) stackers will run into the activity area finding a cup of the same color as their home base. Once they find a cup, they will return to their home base and begin to build a column of 12 cups. Stackers will continue running back and forth, grabbing one cup at a time until all 12 cups are in column form. The stacker must then do a designated stack (chosen by you) (3-3-3, 3-6-3, 6-6, Cycle, 1-10-1) 3 times or another specified amount. When complete, the stacker sits down at their home base signaling completion.

PENALTY: If a stacker knocks a cup over in the activity area, the stacker must put that cup back in an upright position, place the cup in their hand (if they have one) down on the floor, return to their home base, and then re-enter the activity area and continue playing.

VARIATIONS: Use different locomotor skills while going back and forth; add an exercise at home base (i.e. 5 sit-ups, 10 pushups, 6 mountain climbers... etc.) and then go get another cup.



STACK TAG

A game of catch up where tagged stackers must enter the Fitness Zone.

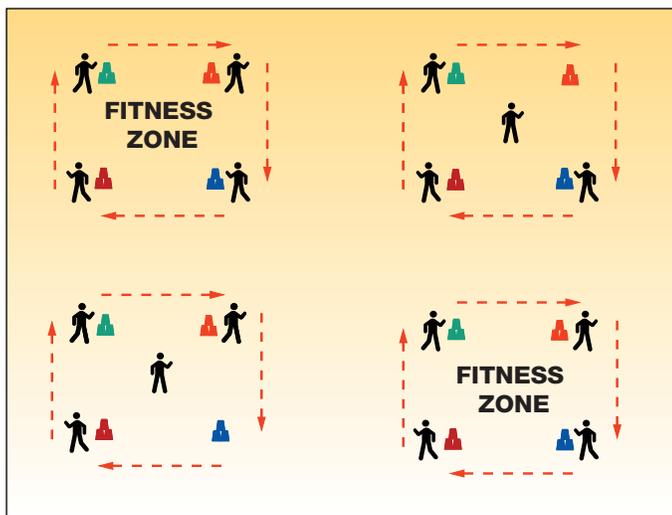


Figure A

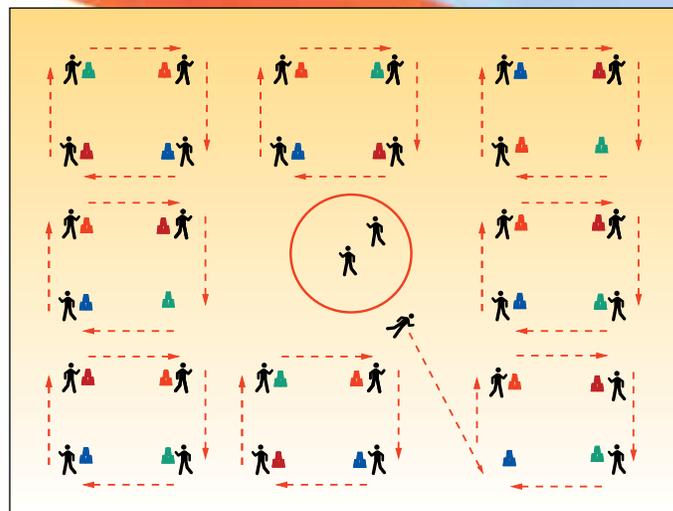


Figure B

EQUIPMENT: One set of Speed Stacks for each student.

SET-UP: Organize stackers in groups of 4, and form a square with 8-10 feet (variable) between each stacker. Speed Stacks are placed on the floor in front of each stacker and are used as the corners of the square. Each group of four will form one square. The total number of squares will be determined by how many students are participating.

PROCEDURE: On the "GO" signal, (using music is preferred) players will stack a designated pattern as quickly as possible. After completing the stack, they will run clock-wise to the next set. If they can tag the stacker in front of them, the tagged stacker stops stacking immediately and enters the Fitness Zone (center of square.) While in the Fitness Zone, the stacker will perform designated fitness or cardio activities (i.e. 10 pushups, 15 sit-ups, 20 jumping jacks, 6 mountain climbers...etc.). As soon as they complete the activity, the stacker will go to an open set of Speed Stacks and continue to play the game. End the activity on your signal and mix up the stackers with new kids at each square.

VARIATIONS: Make a central "Fitness Zone" in the center of the activity area. As stackers get tagged, they enter the central Fitness Zone and perform the designated activity. Once completed, they run to a different square with an open set of cups.

Use different locomotor skills (hop on one leg, skip...etc.); move counter-clockwise; switch fitness/cardio activities.



DID YOU KNOW. . .

What started in the basement of Bob & Jill Fox's house in 1998 has grown to an international company serving 30,000 schools and youth organizations in 22 countries with the best and latest in sport stacking equipment. **FYI. . .Speed Stacks products are no longer available in retail stores. Purchase directly by going to www.speedstacks.com.**

 = One set of 12 cups

SWITCH BACK

What goes up, must come down in this team effort of sprinting and stacking.

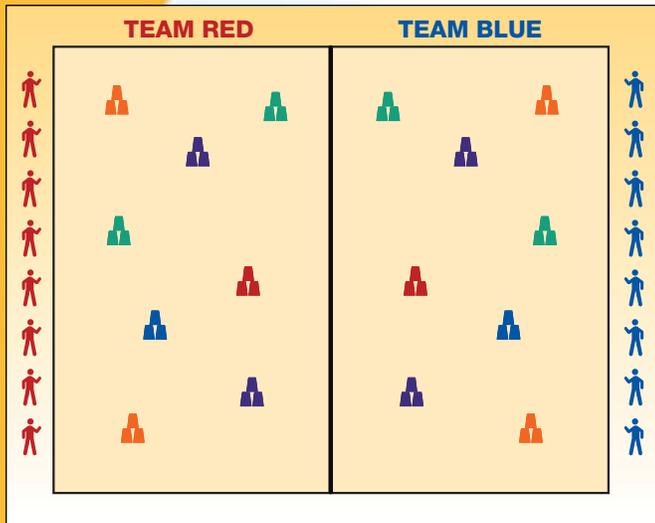


Figure A

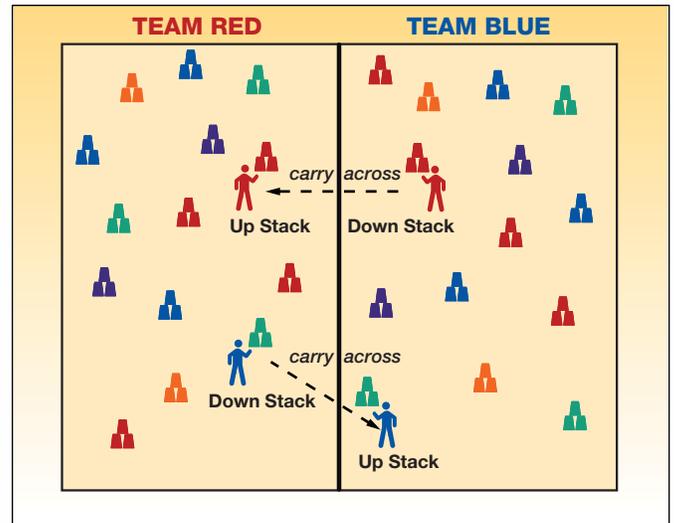
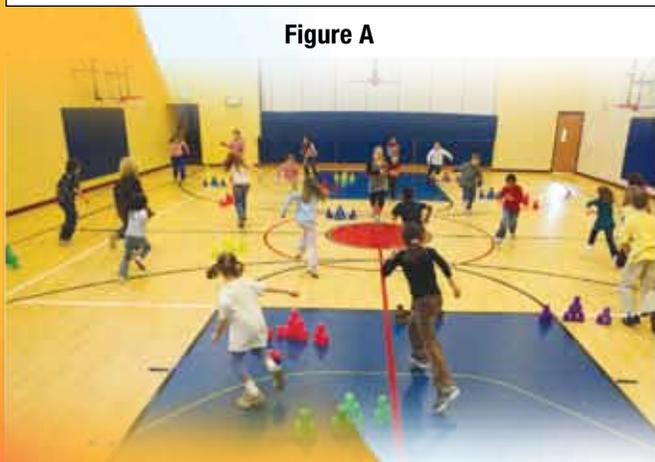


Figure B



LOOK WHAT'S NEW IN A SPEED STACKS SPORT PACK!

Everything you need to start or enhance a sport stacking program is contained in the economical Speed Stacks Sport Pack. Put a set of Speed Stacks in every student's hands, let them experience setting personal bests with the Speed Stacks **StackMat®** and display their times with the all new **StackPod®**.

Also our *"On the Move with Speed Stacks"* Activity Guide will get your students moving with more than 70 fitness related activities. Check it out at www.speedstacks.com inside our "Teacher Central" section.

EQUIPMENT: One set of Speed Stacks for each student.

SET-UP: Divide stackers into 2 teams. Designate each team to one half of the activity area. All stackers will up stack a designated stack (3-3-3, 3-6-3) in their half of the activity area before the activity begins. All stackers will then go to their respective baseline (**Figure A**).

PROCEDURE: On the "Go" signal, (using music is preferred) team members run to the opposing team's side, down stack a set of cups, take this set of cups and sprint back to their original side and up stack the set. Stackers continue running back to the other team's side to down stack, collect the cups and bring them back to their side to up stack. Stackers may not touch a set of cups that another stacker is up stacking. Stackers may not wait next to a stacker who is up stacking. See which team has the most cup sets in an up stacked position (without a fumble) on their side at the "Stop" signal.

VARIATIONS: Add different locomotor skills; try "Doubles" stacking or vary the stacking pattern.

 = One set of 12 cups



JUMPIN' STACK FLASH

Pairs of students alternate between jump roping and sport stacking with a run in between and some team building at the end!

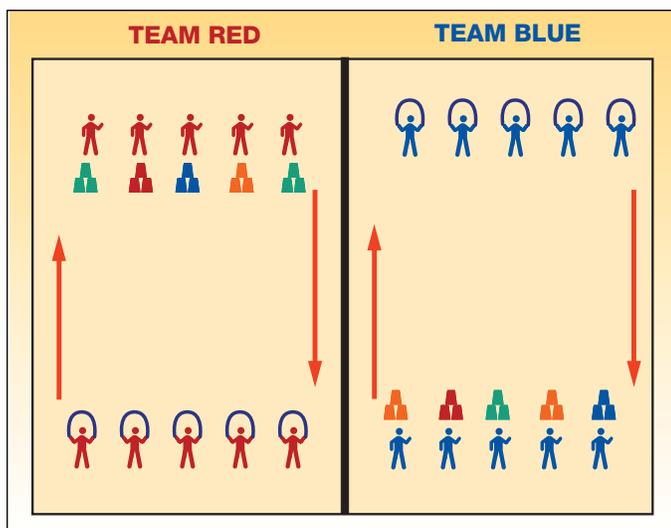


Figure A

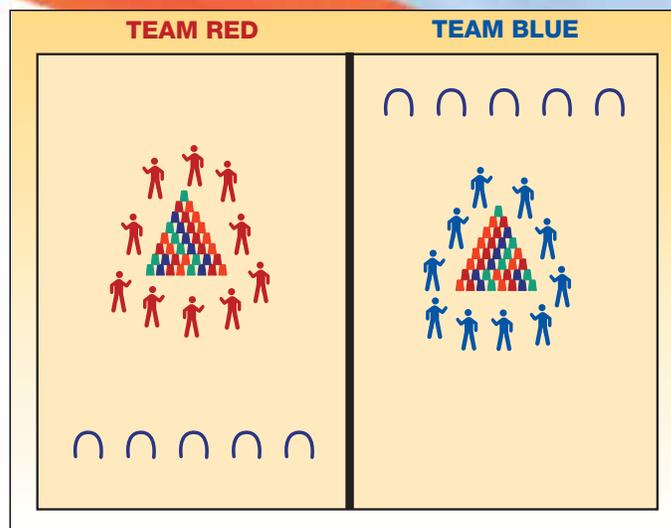


Figure B

EQUIPMENT: One jump rope and one set of Speed Stacks for every two students.

SET-UP: Divide your students into two teams. Within each team, half of the students get jump ropes and half get a set of Speed Stacks. For each team, designate one side for jump ropes and one side for stacking (**Figure A**). Each student should have either a jump rope or a set of Speed Stacks to begin.

PROCEDURE: On the "GO" signal, (using music is preferred) students from each team with jump ropes will start jumping a specified jump (i.e. Bells, Skiers, Front Straddles, Side Straddles, etc.) and the students from each team with Speed Stacks will continuously stack a specified pattern (i.e. 3-3-3, 3-6-3, Cycle). On the instructor's "Change" signal, team members will stop their activity and run to the opposite side and begin stacking or jumping rope. On the command "Flash" stackers from each team will bring their cup sets to the middle of their respective activity areas, and jump rope students will drop their ropes and join their teammate stackers in the center of their area (**Figure B**). Each team will begin constructing its own giant pyramid. The first team to successfully build the tallest pyramid using all their cups in one minute or less wins.

Mix team members up and play again.

VARIATIONS: Use different locomotor skills (hop, crab walk...etc.). Pyramid designs can vary. Experiment with creative ways of taking down the pyramid. Repeat stacking and jumping multiple times before the "Flash" command.



SAY WHAT?

The current world record for the Cycle Stack is under six seconds. That's more than 40 different moves at truly lightning speed. Steven Purugganan from Massachusetts broke the six-second mark in early 2009 with a time of 5.93 seconds. Take a gander at the all-new Stack Tube at www.speedstacks.com. Bet your jaw drops. . .

 = One set of 12 cups

SHUTTLE RUN

A sport stacking sequence awaits runners at each end of the shuttle.

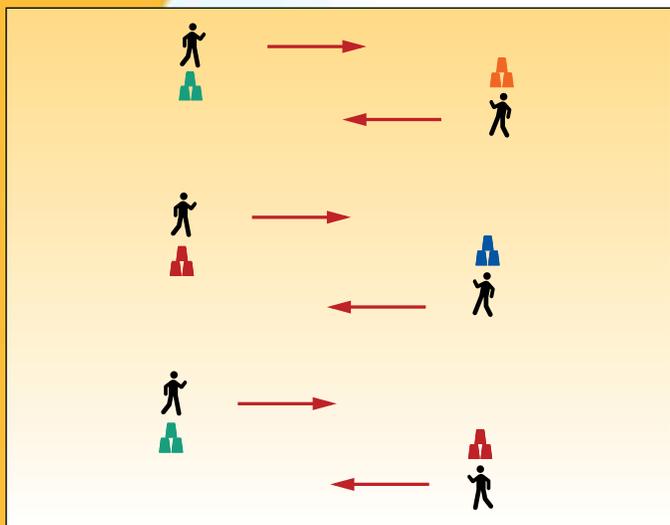


Figure A

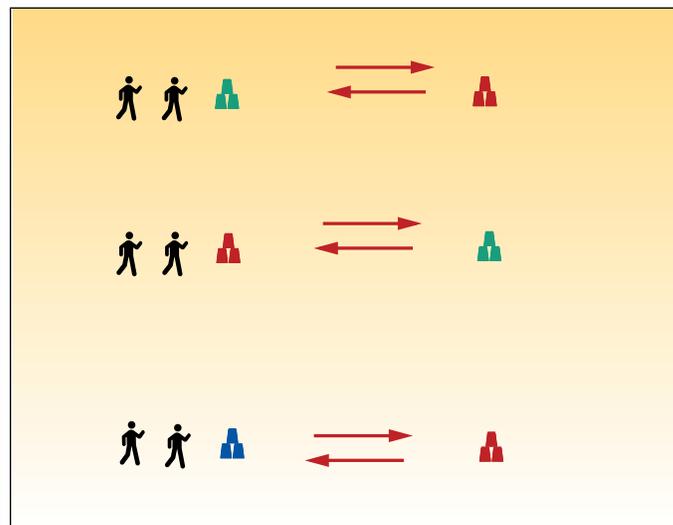


Figure B



EQUIPMENT: One set of Speed Stacks for each student.

SET-UP: Set out 2 sets of Speed Stacks 30 feet apart for each pair of students. Have each stacker stand by a set of Speed Stacks facing a stacker on the opposite side. Make sure pairs are lined up on alternating lanes so that when they are moving from one side to another, they will not run into each other.

PROCEDURE: Choose a given stack (3-3-3, 3-6-3 or Cycle) for all pairs to use. On the "GO" signal, (using music is preferred) the stackers will run to the opposite side and up stack; run back to their original side and down stack; run back to the opposite side and up stack; and return to their original side and down stack the set.

VARIATIONS: Line up two stackers on the same side. On the "GO" signal the first stacker completes the above shuttle run and upon finishing tags the second stacker who in turn completes their run, to finish the activity. Stackers should sit down to indicate completion.



GUINNESS WORLD RECORD IN SPORT STACKING

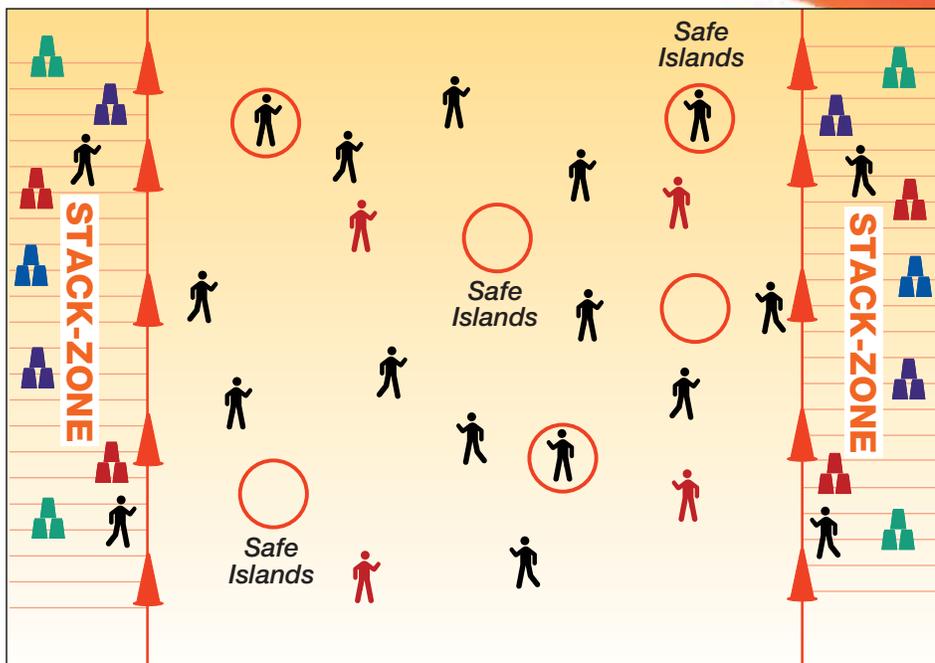
Nearly a quarter million people gathered to sport stack in the fall of 2008 setting a new Guinness World Record for **"Most People Sport Stacking at Multiple Locations in One Day."** It was all part of the third annual **WSSA STACK UP!** The World Sport Stacking Association, the official governing body for sport stacking, drew 222,560 for the event and is setting its sights even higher for 2009. Go to www.WorldSportStackingAssociation.org for **STACK UP!** information, sport stacking rules, tournament schedules, records and more.

 = One set of 12 cups



SURVIVOR

Strategy and fitness are the goal, but getting caught allows you to still stack up.



EQUIPMENT: 4-6 hula hoops, several sets of Speed Stacks.

SET-UP: Scatter the hula hoops to create "Safe Islands" in the activity area. Place several Speed Stacks sets in the two "Stack Zones" outside the activity area.

PROCEDURE: Designate four people to be "Captors". They will be the taggers. The remaining players are the "Survivors" moving in the activity area trying not to get tagged. If a Survivor needs to escape from a captor, they can enter the Safe Island. Only one Survivor can be on a Safe Island at a time and can only stay for three seconds. Captors have to stay back five feet from all Safe Islands. Once a Survivor is tagged by a Captor, the Survivor must immediately go to the "Stack Zone" where the Speed Stacks are located. The instructor determines the designated stack which will be stacked for a set number of times (i.e. 3-3-3, 5 times). Survivors leave the Stack Zone after they have completed stacking and return to the activity area. End the "Episode", designate new Captors, and begin another Episode of Survivor.

VARIATIONS: Survivors leave the Stack Zone (after a set number of stacks have been completed) and return to the activity area as "Captors." The activity ends when there is only one Survivor left; use different locomotor movements.

BENEFIT YOUR PROGRAM AND STUDENTS WITH AN ONLINE GROUP ORDER

Earning free sport stacking equipment for your school has never been easier! The new Speed Stacks online group order tool allows your students to order products from the Speed Stacks website at Group Order pricing. They get reduced pricing and you get a streamlined system that organizes your entire order. Find out more by going to www.speedstacks.com and click on "Group Orders".

 = One set of 12 cups

FITNESS STACKING SESSIONS

Below are three Fitness Stacking sessions that can be used in succession or separately any time of year to combine the fun of sport stacking with the essentials of fitness. These are designed as a supplement to your regular sport stacking unit and assume your students already know the basic sport stacking patterns. If you need a sport stacking refresher, go to www.speedstacks.com and click on the all new **Teacher Central** section for a quick review.

SESSION A

WARM-UP

- Straddle Stretches and Crab Kicks. Small and large arm circles. Trunk twisters.
- Push-Up Stacking (stack a 3-3-3 in Push-up position, alternating hands; repeat).
- **Dynamic Duos** – Pair up students with one set of Speed Stacks for each pair. One member stacks (3-3-3, 3-6-3, Cycle) while the other does a given exercise (jumping jacks, mountain climbers, squat jumps...etc.). Switch on the "Change" signal.

FITNESS

- **Fetch 12**
- **Stack Tag**

COOL DOWN Walk around activity area doing arm circles for 1-2 minutes. Once completed allow students to free stack any pattern for 1 minute. Repeat as needed.

SESSION B

WARM-UP

- Stride Jumps and Mountain Climbers.
- **Chains** – Choose two 'catchers' who link arms/hold hands. They chase the others and catch them. If you are caught, you join the chain. When four people are in the chain, the chain splits into 2 sets of 2. This goes on until you have a WINNER!
- Side Lunge & Stack (in a side lunge position up stack a 6 stack; lunge to opposite side and up stack a 6 stack; lunge to opposite side and down stack; lunge to opposite side and down stack; repeat).

FITNESS

- **Switch Back**
- **Jumpin' Stack Flash**

COOL DOWN Stack & Walk. Randomly space out sets of Speed Stacks. Students approach a set of Speed Stacks and up stack and down stack that set. Walk to a different set and up stack and down stack. Continue this for 1 to 2 minutes. Use this time to educate students on muscle groups used in this session and encourage them to make healthy food choices daily.

SESSION C

WARM-UP

- Side Leg Raises and Toe Touches.
- **Fruit Basket** – Divide the class into 4 groups and have them move into each corner of the gym. Give each of the groups a fruit name such as apples, oranges, bananas and watermelons. Call two of the fruit names and those groups have to run and change places (repeat multiple times). Call "Fruit Basket" all of the students run and sit in the center of the gym.
- Sit up Stacking, 3-6-3. Place the 6 stack in between the legs, place a 3 stack outside the left and right legs. Up stack or down stack with each sit up.

FITNESS

- **Shuttle Run**
- **Survivor**

COOL DOWN Get all the students to run around...then shout FREEZE! Choose a student to be 'it'. They must go around and collect another student as if they are a train (they do this while walking). Once everyone is on board, the train can meander and wave around (slowly) for 1 to 2 minutes.



The Leader in Sport Stacking

*The Leader in Sport Stacking since 1998
and Official Equipment Supplier of the
World Sport Stacking Association*