KAHPERD 2014

Sport Stacking Activities

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INDIVIDUAL, SMALL or LARGE GROUP STACKING ACTIVITIES

Cup Stack Sequence Sheets---depending on your class/student abilities, you can make a “Cup Stack Sequence” sheet to fit their needs. These are nice for students to practice on their own, then when done, can move to timing mats or other activities.

Examples are shown, but you can make them to fit your class…

Do 3-3-3 Stack 5 times

Do 3-3-3-3 Stack 5 times

Do 6-6- Stack 5 times

Do 3-6-3 Stack 5 times

Roll the Dice---again, can be done individually, with partners or as a large group. Make your “Master Sheet” of stacks and rolls…Students can pair up with sheet and individual dice and work for a certain amount of time, or you can do as a group. \*Variation—You can use 2 die, one to determine the “STACK” the other the number of times “STACK” needs to be done.

Examples: Roll a 1….do the 3-3-3 Stack\_\_\_\_\_\_times Roll a 2…do the 6-6 Stack\_\_\_\_\_\_times Again, you can fit to your students abilities.

Luck of the Draw---Similar to “Roll the Dice” except you are now using a deck of cards. Make your “Master Sheet”---for example if you draw a KING, do the Cycle Stack\_# times, Draw a QUEEN, do the

10 Stack\_# times Draw a 2, 4, 6, 8, 10 do the 3-6-3 Stack # times, Draw the JOKER---student choice of stack. Again, you can fit to your students abilities.

Capture the QR Code—For this activity, you will need to make QR codes and have devices that can read/scan the codes. I have access to 9 iPads in my PE class. After making your QR codes with your desired stacks, laminate them on an index card. Scatter the QR code cards in the middle of your playing area, then divide your class into teams and place them around the playing area with a hoop, set of cups for each team member and iPad for each team. On your signal, have first person run and pick up a QR code card, they return to their group, scan and do the designated stack, upon completion, next person leaves to retrieve a QR code card, upon returning, scan and group completes stack. You can do this activity for a time limit—2 to 3 minutes, and see which group “CAPTURES THE MOST QR CODES.” You could also have group members doing a fitness activity while waiting for QR Code to return their group.

CupStacking “EGG”STRAVAGANZA

Equipment needed: Set of cups for each student, plastic eggs name of stack inside (based upon your students knowledge/skill of stacks) cones and or hoops to mark students individual stacking area. In each plastic egg, place slip of paper with name of stack—3-3-3, 3-6-3, 6-6, Cycle etc. Scatter eggs on floor (VB court area works well) Have each student place their hoop or cone outside of the Basketball court as their “HOME” On your signal, students travel out and retrieve one egg, return back to their “HOME” area, open egg and do the stack designated on the paper. They can put their egg in the hoop, then travel back out and retrieve another egg. You can set the clock for a certain amount of time (1:30-2:00 minutes)-- at the end time, see who has collected the most eggs and celebrate! You could have students do different locomotor movements to retrieve eggs, and/or designate number of times stacks need to be done.

Sport Stacking Resources:

Speed Stacks Inc.

11 Inverness Way South

Englewood, CO 80112

1-877-468-2877

[www.speedstacks.com](http://www.speedstacks.com)

SPORT STACKING (Book) The Resource Guide by Jim Ross (available at Great Activities and US Games)

STACKER—The Movie (DVD) Sport Stacking Documentary (available at Speed Stacks)

World Sport Stacking Association (WSSA)—Complete listing of tournaments, rules & regulations and records.

[www.thewssa.com](http://www.thewssa.com)

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Cup Stack Sequence

Do 5 times:

3-3-3 Stack

Do 5 times:

3-3-3-3 Stack

Do 5 times:

6-6 Stack

Do 5 times:

3-6-3 Stack

Do 5 times:

10 Stack

Do 5 times:

1-10-1 Stack

Do 5 times:

Cycle Stack

(3-6-3 to 6-6 to 1-10-1 ending back in 3-6-3)

Do 5 times:

RapidFire

CARD SHARKS/LUCK OF THE DRAW

Do the following “STACKS” based upon the card you draw----

ACE----6 Stack

2,4,6,8 or 10--- 6-6 Stack

3,5,7,9 -- 3-6-3 Stack

JACK -- 3-3-3 Stack

QUEEN -- 10 Stack

KING -- CYCLE STACK

JOKER – Your CHOICE of Stack

ROLL THE DICE

Do the following STACKS, based upon the number rolled on your DICE.

1. 3-3-3 Stack
2. 6 Stack
3. 3-6-3 Stack
4. RapidFire
5. 10 Stack
6. Cycle Stack