

"Spring into Sport Stacking with Speed Stacks!"

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Why Speed Stacking?

- Speed stacking develops hand-eye coordination, quickness and ambidexterity.
- Speed Stacking develops bilateral proficiency by using both hands when stacking. This helps train the brain for sports, playing a musical instrument and using the computer.
- There are many other benefits of Speed Stacking and it continues to grow in popularity not only in PE programs, but also in core subjects/classrooms such as reading and math (check out Stackademics)
- Over 30,000 programs worldwide and millions of students are stacking, of all ages. Check out YouTube (including Rachael, Speed Stacking Girl at <http://www.youtube.com/user/speedstackinggirl>), there are 2-3 years olds stacking, teenagers, and adults of all ages stacking.
- Value perseverance and persistence
- Have fun!

Helpful Tips:

- Establish a code word/signal for when you want their attention and keep their hands off of the cups while you are giving instructions. For example, "I surrender" or "reach for the sky".
- Allow students time for free stacking, this is time they can explore the many different types of stacks they can build, in any shape or form. I usually do this in the beginning of class, as they will try to do it during practice time, so I let them get it out of their system. They are given "free stacking" time and "speed stacking way" time.

- Once the basic stacks have been learned, provide as many movement games as possible where there is repetition to learn the stacks at their own speed while providing opportunities for movement and keep the lines short.
- For the stackers who have either stacked before or they have picked it up quickly, provide variations to the stacks. For example, eyes closed, opposite hand leads, upside down stacks, and double stacks.

Here are the activities/games that we played today and I hope you'll use these in your PE program.

Introduced the 3-3-3, 6-6, and 3-6-3 stacks.

- Remember to ...
 - Keep hands on sides of speed stacks
 - Use light, soft touch when stacking
 - For the 3-3-3, make a circle
 - For the 6-6, grab 3 speed stacks first, get used to what it feels like (muscle memory), practice sliding cups in hand, add 3 cups for 3-2-1 method, "open & close" for down stack.

Everyone Is It Tag

Equipment: One set of Speed Stacks per person with 2-4 extra sets scattered through gym space.

Description: When the music starts (or on "go"), students play tag where everyone is it. If tagged, the student finds a set of speed stacks and stacks the designated stack. When finished, they are right back into the game, trying to tag other students and avoid getting tagged. Play for 1-2 minutes, stop the game long enough to catch their breath and announce the next designated stack.

Scramble

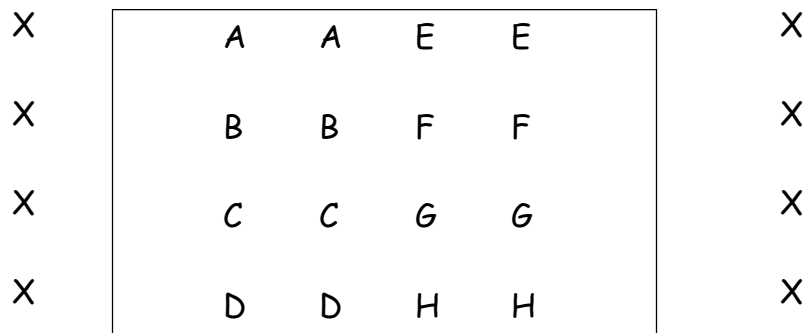
Equipment: One set of Speed Stacks per person with 2-4 extra sets scattered through gym space.

Description: Students are given 1-2 minutes to stack as many designated stacks as possible. Once they up and down stack, they move to a different set of Speed Stacks. For example, the teacher calls out 3-6-3 and the students visit as many stacks as possible. They are not allowed to stand over students and wait, they must move to an open set of Speed Stacks.

Partner/Team Continuous Relays

Equipment: One set of Speed Stacks for each student, cones for starting point.

Description: Set Speed Stacks in 4 equal sized rows, have students find a partner (or use your system to determine partners) and line up behind a cone (X)



Partner Continuous Relay-

When music starts, first person runs to their first stack, up and down stacks the designated stack, runs back, high fives partner and they go. This continues until music stops. After a couple rounds of different single stacks, have the students up and down stack two sets. For example, the first person on Team A will run up to the first stack and up stack a 3-6-3 and does not down stack it. Then moves to the second set of cups to up and down stack a 6-6. Then on their way back, down stacks the 3-6-3, high fives their partner, they go, and this continues until the music stops. Each round should be 1-2 minutes and students can be exercising while they are waiting their turn.

Team Continuous Relay-

Have the students sit/stand next to a set of Speed Stacks after the Partner Continuous Relay or after warm up/practice time. This is a quick way to form teams. Using the diagram, Team #1 would be using Speed Stacks at A, A, E, E. Team # 2 would be B, B, F, F, and so on. Have each row set up for designated stacks. For example, 1st row = 3-3-3, 2nd row = 3-6-3, 3rd row = 6-6, and 4th row = 10 stack. When music starts, students up and down stack their designated stack, run to the next row, up and down stack that designated stack and continue until they get to the last row. Once they up and down stack that designated stack, they run all the way back to the beginning and start the process over. Students are not allowed to hover over

students waiting for their turn. If there are students that do need to wait, they can skip that set of Speed Stacks and move onto the next open set within their team. This relay can continue for several minutes and keeps everyone moving.

Conclusion

Sport Pack Information

- Best way to start a speed stacking program
- Includes a 15, 30, 45 set of cups (which have a lifetime guarantee, just call or email anytime and they will replace your cups, no problem. Also includes the case, stack mat w/ timer, stack pod mini display, mini stack of cups, super mini's (like medicine balls for stackers), mini mat, stacker training DVD, activity guides and lesson plans.
- There are three ways to get the sport pack
 - Purchase
 - Loaner program (please let me know if you are interested, I will have a few on hand in Portland/Beaverton and can make arrangements to deliver the 30 set sport packs)
 - Earn through group order (10% of group order is bonus bucks for PE teachers to spend on speed stacking equipment)

Don't forget that on November 17th is Stack Up 2011. I can help you get signed up and all you need is 25 stackers to stack for 30 minutes. If you don't have enough speed stacks, let me know, as I mentioned above, I will have sport packs available to help you participate.

Thank you for attending my session and if you ever need any help or have questions, please contact me at rankins@oes.edu and don't forget to check out www.speedstacks.com to find more information and more lesson ideas.

Happy Stacking!

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