



Fetch 12

Use the QR code or visit [speedstacks.com/g2](https://www.speedstacks.com/g2) for the video

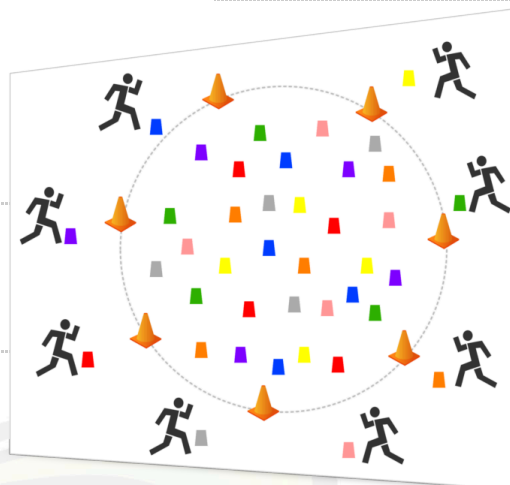
Simple activity to warm up stackers and review stacking patterns.

Equipment

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

Set Up

Establish a perimeter with markers or cones. Build the perimeter as large as possible. The teacher should remove one cup from each set of 12 and then give each student 11 cups to randomly place around the room. Then hand out the remaining single cup to each student and they sit with that cup as their "home base" and wait for the go signal.



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-motivation
- Impulse Control
- Self Discipline
- Responsible Decision Making

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E3.K	Travels in general space with different speeds.
S3.E2.1	Actively engages in physical education class.
S4.E2.2	Accepts responsibility for class protocols with behavior and performance actions.
S5.E2.1	Recognizes that challenges in physical activities can lead to success.



Simple Stack Tag

Use the QR code or visit [speedstacks.com/g8](https://www.speedstacks.com/g8) for the video

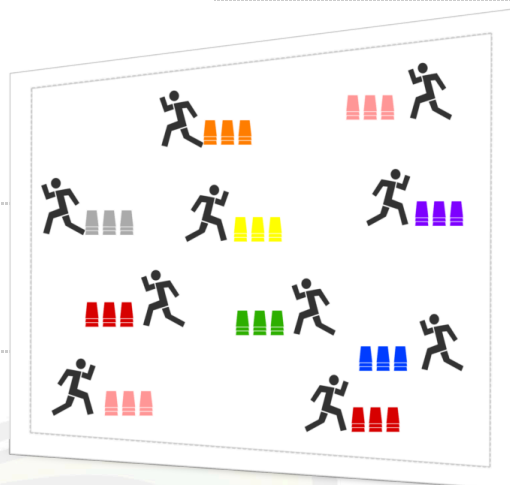
High energy game of tag combining sport stacking and movement skills.

Equipment

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

Set Up

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



How To Play

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

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-management
- Goal-directed Behavior
- Personal Responsibility
- Resiliency
- Empathy

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E2.1	Recognizes personal space and where to move in general space.
S2.E2.2	Identifies simple strategies in chasing and fleeing activities.
S3.E2.9	Makes fair choices as directed by the teacher.
S3.E5.6	Makes choices that are fair according to activity etiquette.



Stackers & Blasters

Use the QR code or visit speedstacks.com/g3 for the video

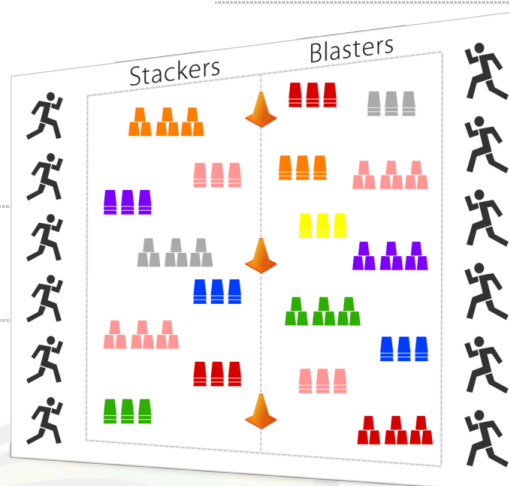
Fun movement activity that focuses on exercise and fundamental stacking skills.

Equipment

- One set of Speed Stacks for every stacker

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Social Engagement
- Goal Directed Behavior
- Persistence In Completing Tasks
- Personal Responsibility



SwitchBack

Use the QR code or visit speedstacks.com/g4 for the video

Team based activity that incorporates running and stacking guaranteed to get the heart racing.

Equipment

- One set of Speed Stacks for every stacker

Set Up

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

How To Play

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

Rules

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

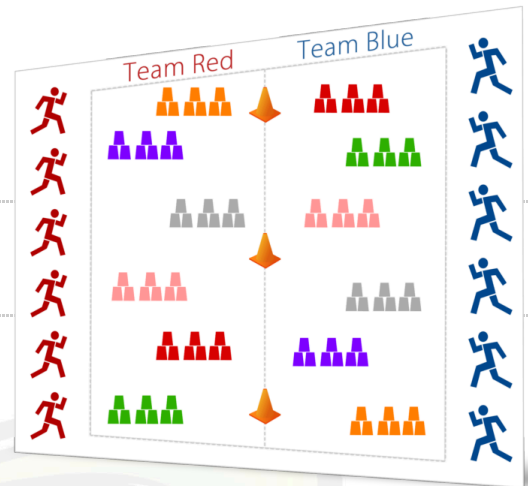
Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Teamwork
- Self-management
- Responsible Decision Making
- Social Engagement





Survivor

Use the QR code or visit [speedstacks.com/g6](https://www.speedstacks.com/g6) for the video

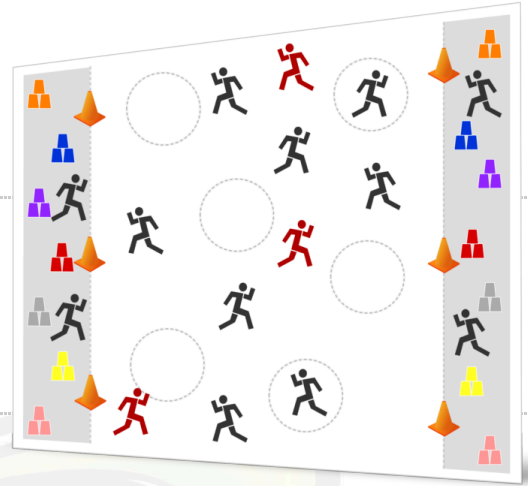
Don't get caught in this movement and skill-based movement activity.

Equipment

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

Set Up

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



How To Play

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

Modification - Place 4-6 jumbos next to each "safe island". When entering a safe island, students must flower pot one jumbo for each time they enter. Once all jumbos are erected, that safe island is closed.

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Integrity
- Planning
- Critical Thinking



Triple Up Triple Down Relay

Use the QR code or visit speedstacks.com/g7 for the video

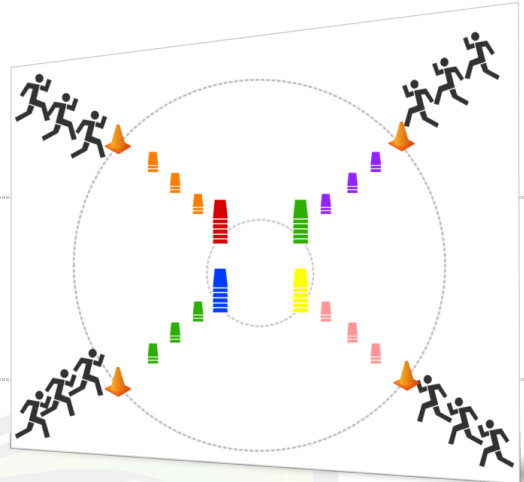
Team-based activity designed for movement and motor skill activation.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Teamwork
- Optimistic Thinking
- Empathy
- Communication
- Social Engagement



Indy 500

Use the QR code or visit [speedstacks.com/g23](https://www.speedstacks.com/g23) for the video

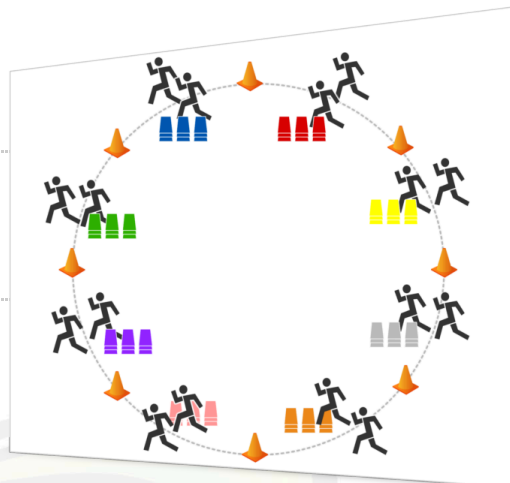
Race around the track for partner fitness fun.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Taking Turns
- Respect For Others
- Communication
- Social Engagement

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E2.4	Combines movement concepts with skills in small-sided practice tasks, gymnastics and dance environments.
S3.E2.2	Actively engages in physical education class in response to instruction and practice.
S4.E1.3	Exhibits personal responsibility in teacher-directed activities.
S4.E2.1	Follows the rules & parameters of the learning environment.



Hound'n Rabbit

Use the QR code or visit [speedstacks.com/g24](https://www.speedstacks.com/g24) for the video

Activate your stackers' hands and minds with this fun activity.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-management
- Goal-directed Behavior
- Personal Responsibility
- Resiliency

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E3.3	Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.
S3.E2.4	Actively engages in the activities of physical education class, both teacher-directed and independent.
S4.E2.2	Accepts responsibility for class protocols with behavior and performance actions.
S5.E2.3	Discusses the challenge that comes from learning a new physical activity.



Rock, Paper, Scissors

Use the QR code or visit [speedstacks.com/g25](https://www.speedstacks.com/g25) for the video

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

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Honesty
- Identify Emotions
- Empathy
- Social Engagement
- Optimistic Thinking

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S1.E5.1	Combines varied locomotor skills in a variety of practice tasks.
S2.E5.5	Demonstrates problem solving strategies in a variety of games/activities.
S3.E2.5	Demonstrates respectful behaviors that contribute to positive social interactions in movement.
S3.E2.9	Makes fair choices as directed by the teacher.
S4.E2.2	Identifies physical activities that can meet the need for social interaction.



Continuous Table Relays

Use the QR code or visit [speedstacks.com/g26](https://www.speedstacks.com/g26) for the video

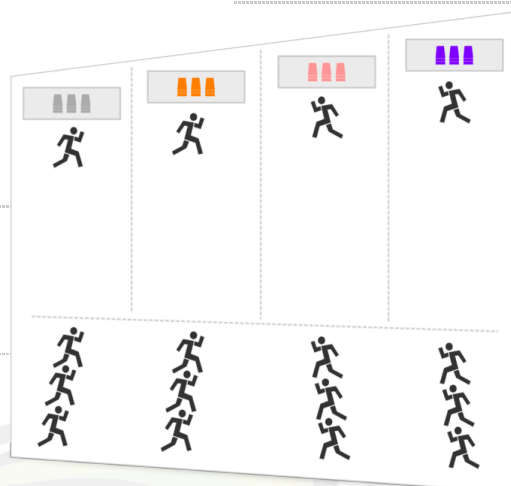
Running, stacking, and team cooperation is the name of this activity.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Communication
- Social Engagement
- Optimistic Thinking
- Personal Responsibility

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S4.E2.2	Accepts responsibility for class protocols with behavior and performance actions.
S4.E4.4b	Accepts players of all skill levels into the physical activity.
S5.E4.3	Describes the positive social interactions that come when engaged with others in physical activity.
S5.E4.4	Describes & compares the positive social interactions when engaged in partner, small-group and large-group physical activities.



Around the Table

Use the QR code or visit speedstacks.com/g27 for the video

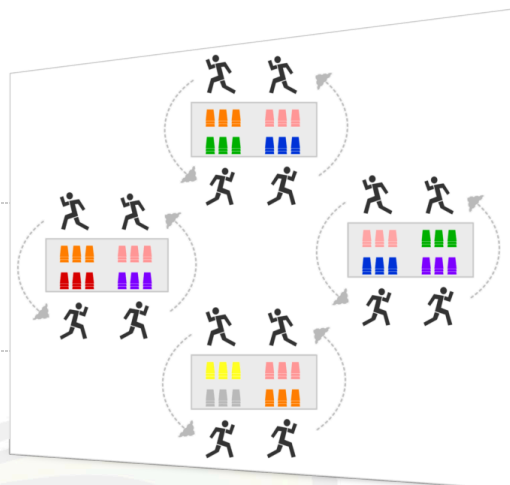
Warm up your stackers' hands and minds while stacking around the table.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

- On the verbal 'switch' cue, stackers change their rotation and begin moving in a clockwise direction.
- Line a number of tables end to end and expand the 'Around the Table' stacking to accommodate a large group.
- Time the group using a StackMat after one complete rotation. One stacker starts and stops the StackMat after the single rotation.
- Use more sets of cups than the number of students. If a student finishes and the person in front of them is not finished, they can go around that student to the next available set of cups.
- Start with some sets upstacked and some sets downstacked. As players move around the table, they upstack cups that are downstacked and downstack cups that are upstacked.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-management
- Responsible Decision Making
- Respect For Others
- Communication

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

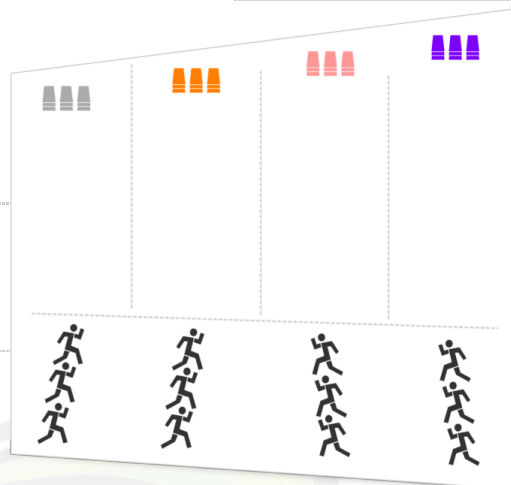
S2.E3	Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.
S3.E2.4	Actively engages in the activities of physical education class, both teacher-directed and independent.
S4.E1.3	Exhibits personal responsibility in teacher-directed activities
S5.E4.4	Describes & compares the positive social interactions when engaged in partner, small-group and large-group physical activities.



End / Straight Line Floor Relays

Use the QR code or visit speedstacks.com/g28 for the video

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



Equipment

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

Set Up

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

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

How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

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- Teamwork
- Responsible Decision Making
- Goal-directed Behavior

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E1.Ka	Differentiates between movement in personal (self-space) and general space.
S2.E3.3	Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher.
S3.E2.2	Actively engages in physical education class in response to instruction and practice.
S4.E1.K	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).

Strength / Flexibility Stacking

Individual flexibility and strength / endurance sport stacking activity.

Equipment

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

Rules

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

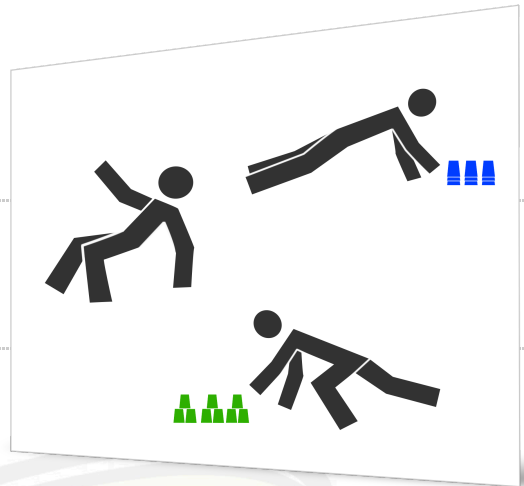
Variations

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

Social Emotional Learning (SEL)

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- Self-motivation
- Personal Responsibility
- Optimistic Thinking
- Completing Tasks





4-Person Competition Relay

Use the QR code or visit speedstacks.com/g32 for the video

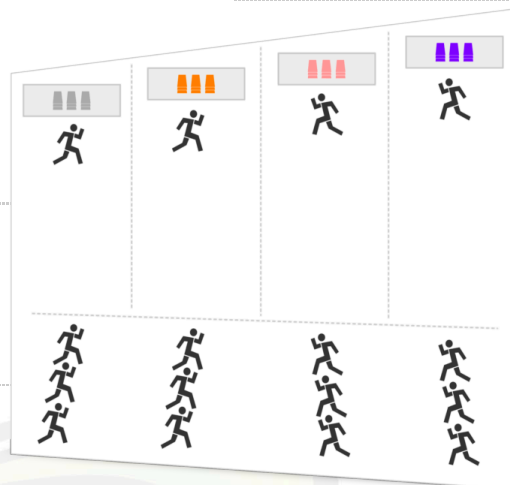
A competitive activity with running, stacking, and team cooperation.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Communication
- Relationship Building
- Personal Responsibility
- Analyzing The Situation

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E2.1b	Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).
S3.E2.2	Actively engages in physical education class in response to instruction and practice.
S4.E4.5	Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.
S5.E4.3	Describes the positive social interactions that come when engaged with others in physical activity.



March Madness Final 4

Use the QR code or visit [speedstacks.com/g33](https://www.speedstacks.com/g33) for the video

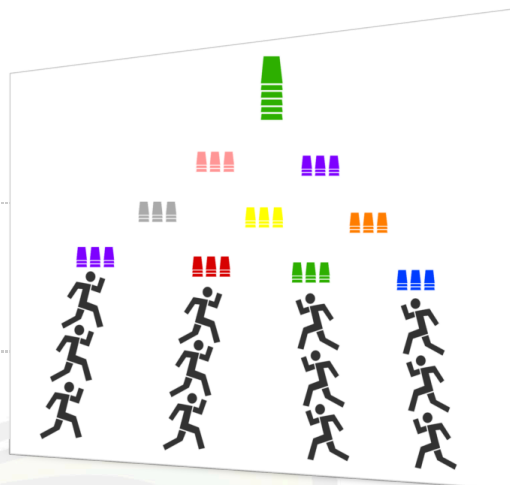
Strategy and fitness activity that adds a competitive element to stacking.

Equipment

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

Set Up

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



How To Play

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

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-efficacy
- Impulse Control
- Stress Management
- Self Motivation
- Social Awareness

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E5.15	Recognizes the critical elements that contribute to proper execution of a skill.
S3.E5.6	Makes choices that are fair according to activity etiquette.
S4.E.2.5	Recognizes individual challenges through movement.
S4.E2.6	Sets observable short-term goals.



Partner Fitness Challenge

Use the QR code or visit speedstacks.com/g34 for the video

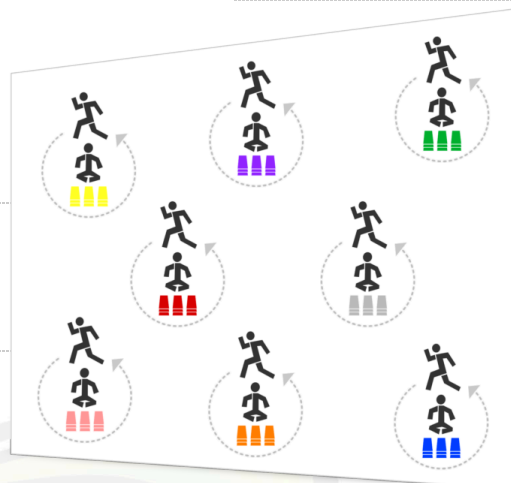
Fitness activity that gets bodies moving and brains working.

Equipment

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

Set Up

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



How To Play

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

Rules

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

Variations

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

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Relationship Skills
- Goal-directed Behavior
- Personal Responsibility
- Communication

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E2.8	Identifies the heart as a muscle that gets stronger with physical activity.
S3.E5.2	Uses communication skills to negotiate roles and responsibilities in a physical activity setting.
S4.E2.3	Lists ways that movement positively affects personal health.
S4.E5.8	Identifies physical activity opportunities outside of physical education class.



Stack Bowling

Use the QR code or visit speedstacks.com/g35 for the video

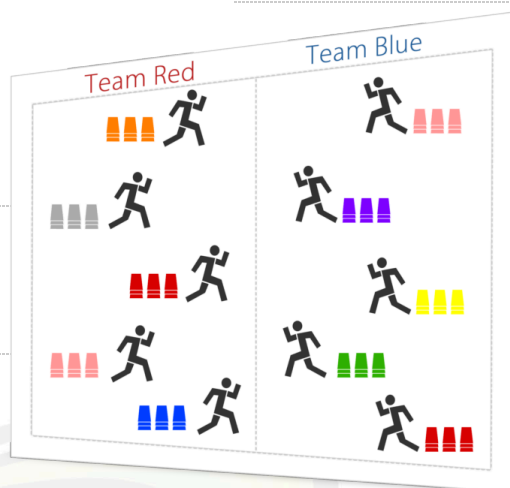
High intensity, individual fitness stacking game that's fun and easy to play.

Equipment

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

Set Up

Divide the class into two teams (3 colors vs. 3 colors), each team on one half of the activity area. Each stacker upstacks a 10-Stack with the remaining two cups stacked end to end on top randomly in the activity area.



How To Play

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

Rules

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

Variations

- Form two 6-Stacks, or a 3-Stack.
- Have stackers use their non-dominant hand for bowling.
- If a stacker's stack gets knocked over, send them to a fitness zone area to complete an activity before re-entering the game and switching sides.
- Allow students using wheelchairs to play defense for their team.
- Allow two students work as partners to defend one 10-stack.
- Create team zones in the play area by color. Each color is its own team and trying to get as many players of other colors on their team. Teams can only throw from their own zone.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Integrity
- Goal-directed Behavior
- Personal Responsibility
- Social Engagement

Jumbo Toss

Work as a team to throw and stack your way to a 6-stack.

Equipment

- 6 Jumbos per team
- Assortment of throwing objects for each team

Set Up

Place 6 jumbos at the end of the playing area open side up in a 3-2-1 triangle.

How To Play

The object of Jumbo Toss is to be the first team to build a six stack. The first player on the team stands behind the Jumbo Speed Stacks. They are the catcher. The first person in line throws their object trying to get one in a jumbo. If the object goes into a Jumbo, that cup gets turned over to start the building of the 6-stack. If not, the catcher retrieves the object and brings it back to the start and goes to the end of the line to await their turn. The person who just threw runs behind the Jumbos and becomes the catcher. Play continues in this way until all 6 Jumbos have been turned over and built into a 6-stack.

Rules

- The first player on the team will use a jumbo to catch items. They are the "Catcher"
- The rest of the team will take turns throwing items to the catcher.
- If the object is caught in the jumbo it can be used to build the 6 stack.
- If the object is not caught the catcher returns to the end of the line to await their turn and the thrower becomes the catcher.

Variations

As each team finishes, they can join another team to help them finish. The entire game is finished when all the teams' Jumbos have been built into 6-stacks.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

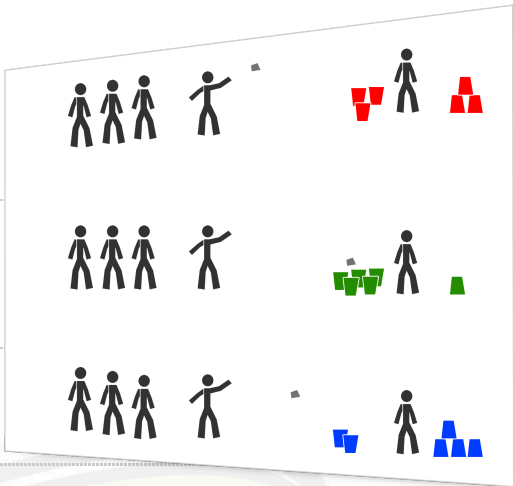
- Teamwork
- Goal-directed Behavior
- Resiliency
- Social Engagement

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S1.E5.21	Combines manipulative skills and traveling for execution to a target in a variety of practice tasks.
S2.E2.1	Recognizes personal space and where to move in general space.
E2.E2.9	Recognizes that regular physical activity is good for their health.
S2.E5.15	Recognizes the critical elements that contribute to proper execution of a skill.



Roll and Stack

Roll the dice and stack that number of times.

Equipment

- One set of Speed Stacks per student
- Once dice per team

Set Up

Students sit in their team's zone.

How To Play

One team member chooses a stack for the team to practice. That team member then rolls the dice and everyone on the team completes that stack the number of times rolled on the dice. Repeat until everyone on the team has a turn.

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description	
S3.E2.2	Demonstrates ability to encourage others.
S3.E2.3	Uses communication skills to share space and equipment.
S3.E5.4	Demonstrates safe behaviors independently with limited reminders.
S4.E2.6	Sets observable short-term goals.

Speeding Tickets

Fun activity to record your best time.

Equipment

- One set of Speed Stacks per student
- [WSSA speeding tickets](#) enough for the whole class and several pencils

Set Up

You will need at least 1 Timer and StackMat per group or station. These can be placed on the floor or a table (optional). Include the stack of Speeding Tickets.

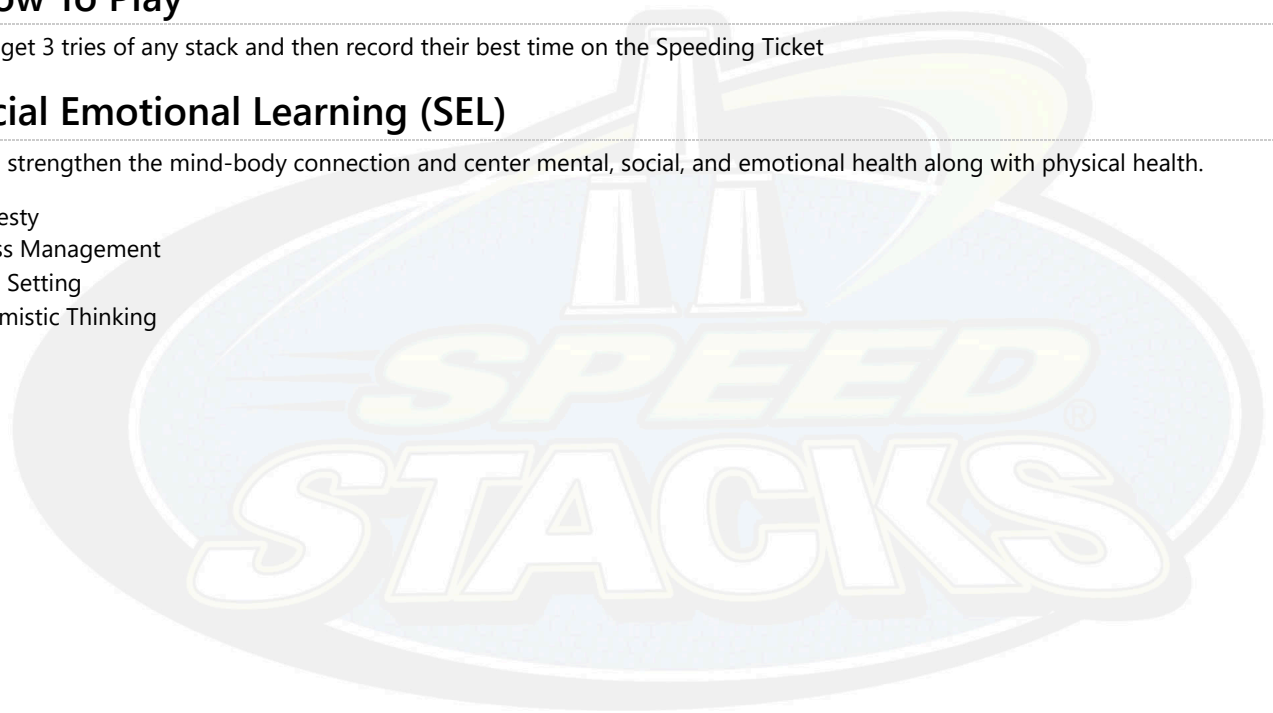
How To Play

Students get 3 tries of any stack and then record their best time on the Speeding Ticket

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Honesty
- Stress Management
- Goal Setting
- Optimistic Thinking



The 5-5-5

Focus on good technique and smooth transitions.

Equipment

- One set of Speed Stacks per student

Set Up

Divide your class into their 6 color coded teams.

How To Play

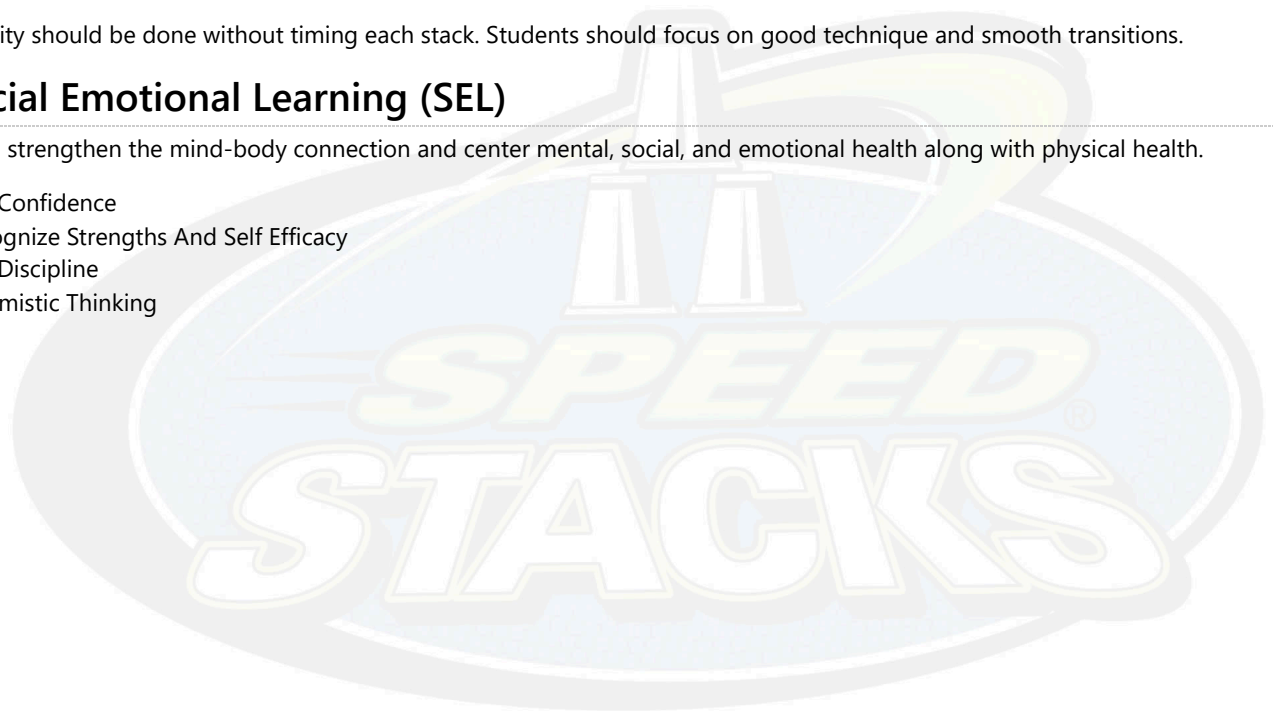
Complete five 3-3-3's, five 3-6-3's and five Cycles. Repeat for 5 minutes.

This activity should be done without timing each stack. Students should focus on good technique and smooth transitions.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self Confidence
- Recognize Strengths And Self Efficacy
- Self Discipline
- Optimistic Thinking



Shuffle Stack and Rapid Fire

Drills to increase speed.

Equipment

- One set of Speed Stacks per student

How To Play

Shuffle Stack: Put all the cups in a column. Pick up 6 cups in each hand. Alternating hands, pile the cups back into a single column.
Optional: use 6 cups each of 2 different colors (we must have a better explanation of shuffle stacks in the archives!)

Rapid Fire: Lay out the cups in two rows of 5 with one cup each at the end of the bottom row. Pick up the two extra cups and then use those cups to help gather the rest of the cups back into a column.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-motivation
- Self Discipline
- Goal Directed Behavior
- Personal Responsibility

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description	
S2.E2.4	Demonstrates knowledge of locomotor, non-locomotor, and manipulative skills in movement settings.
S2.E5.15	Recognizes the critical elements that contribute to proper execution of a skill.
S4.E2.5	Recognizes individual challenges through movement.
S4.E2.6	Sets observable short-term goals.



Pac-Man Stack

Use the QR code or visit speedstacks.com/g42 for the video

A fun game of human pac-man.

Equipment

- 1 sport pack
- 3-5 pool noodles for the 'ghosts'

Set Up

Place 3-5 students in the center circle of the gym as 'ghosts'. All other students should grab a set and spread out around the gym while standing on a line on the floor.

How To Play

On 'ready-set-go', everyone can start fast walking along the lines on the floor. Pac men carry their cups and ghosts carry their noodles. Ghosts are trying to tag the other students with the pool noodles. When a pac man is tagged, they sit on the line where they were tagged and stack a pattern until the game has ended. Pac men cannot pass another pac man on the line whether they are tagged or not. They must turn around or follow the other pac man. Ghosts can go around a tagged pac man. The round ends once all pac men have been tagged.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

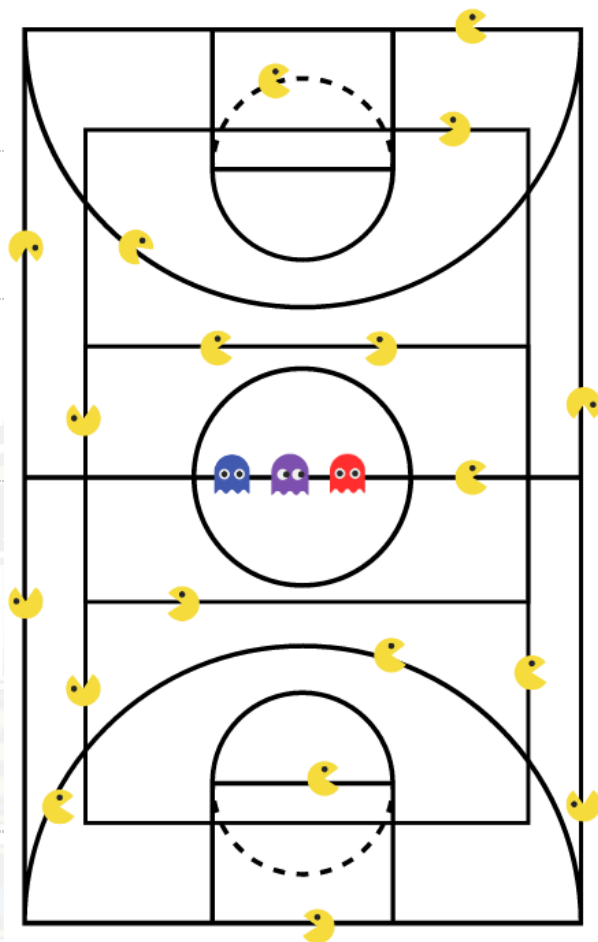
- Integrity
- Self-discipline
- Managing Emotions

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E2.1	Recognizes personal space and where to move in general space.
S2.E2.2	Identifies simple strategies in chasing and fleeing activities.
S2.E5.2	Demonstrates knowledge of offensive strategies in small-sided invasion practice tasks.
S2.E5.3	Demonstrates knowledge of defensive strategies in small-sided invasion practice tasks.





Memory Stack Relay

Use the QR code or visit speedstacks.com/g43 for the video

Great activity to boost memory and build stacking skills.

Equipment

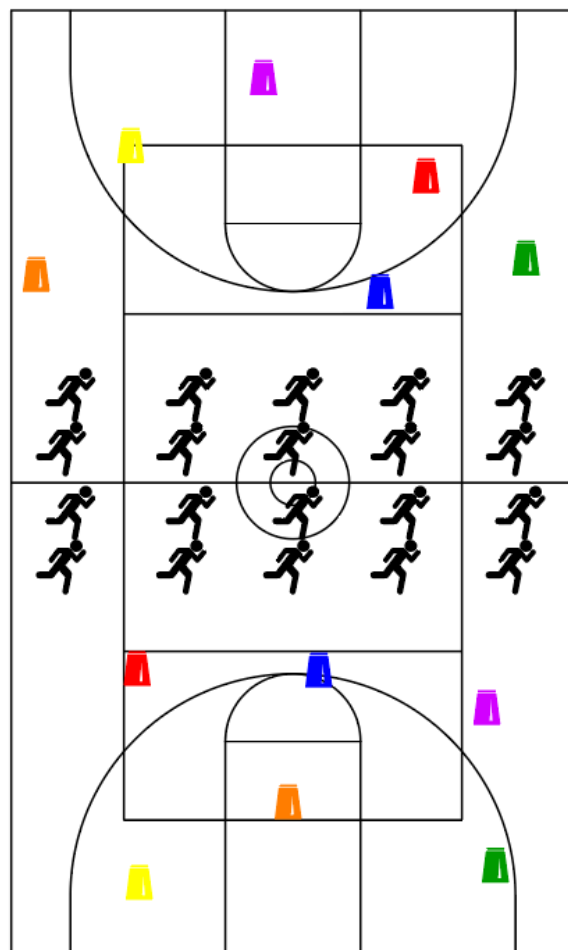
- 1 sport pack
- 1 jumbo pack

Set Up

Divide players into 6 teams of 4. Set one of each color jumbo along the center line of the gym and assign a team to each one. Each team should have a different color jumbo. Spread the remaining jumbos around the gym, half on each side of the gym. Under each jumbo, hide 2-3 cups of random colors. For each team, assign two students to each side of the gym

How To Play

On 'ready-set-go', one student per team per side can go out and look under a jumbo. If there is a cup that matched their team color, they can take it back to the center line. If not, they come back to the center line empty handed. When they get to the center line, the other student on their team assigned to that side can go out and check another jumbo. This continues until all 12 cups have been found. Once they have the full set, the team must take the set to the far side of the gym and run a relay from the center line. Once the relay is complete, all stackers should sit down and wait for the other teams to finish. The game has ended once all teams have completed their relay.



Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Communication
- Teamwork
- Analyzing Situations

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E5.5	Demonstrates problem solving strategies in a variety of games/activities.
S3.E2.3	Uses communication skills to share space and equipment.
S3.E5.5	Solves problems independently, with partners, and in small groups.
S4.E2.5	Recognizes individual challenges through movement



Island Stack Tag

Use the QR code or visit speedstacks.com/g44 for the video

A fitness activity of tag and stack.

Equipment

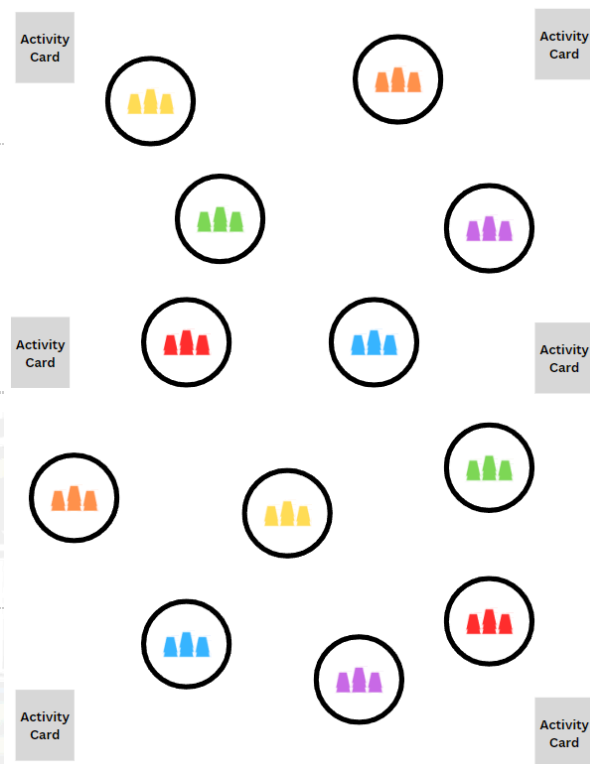
- 1 sport pack
- 8-12 hoola hoops
- 1 set per hula hoop
- 6-10 activity cards
- 3-5 pool noodles

Set Up

Spread the hula hoops around the gym and put a set in the center of each one. Choose 3-5 taggers and give them pool noodles. Have the other students spread out around the gym. Spread 6-10 activity cards around the outside of the gym

How To Play

On 'ready-set-go', the taggers can chase the students. A student may jump into an unoccupied hoola hoop and stack a pattern to become 'safe' from a tagger. Taggers should not guard hoola hoops. If a student is tagged, they must go to an activity card and perform the activity before going back to the center.



Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Goal Directed Behavior
- Personal Responsibility
- Planning

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S1.E5.21	Combines manipulative skills and traveling for execution to a target in a variety of practice tasks.
S2.E2.1	Recognizes personal space and where to move in general space.
S2.E2.2	Identifies simple strategies in chasing and fleeing activities.
S2.E2.6	Identifies physical activities that contribute to fitness.



Bag Toss Relay

Use the QR code or visit [speedstacks.com/g45](https://www.speedstacks.com/g45) for the video

A fun game of throwing, catching, stacking and running.

Equipment

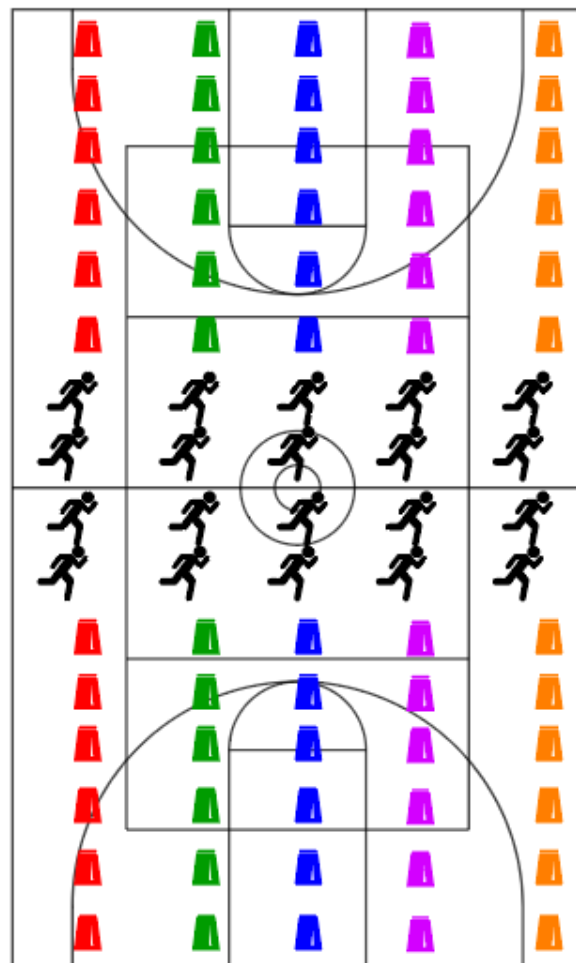
- 6 sets of 3 different colored jumbo cups
- 6 sets to match the jumbo colors
- 12 bean bags

Set Up

Divide students into groups of 4. For each group, set 3 jumbos along the center line of the gym. For each group, set 6 cups on each side of the jumbo, spread out to the wall of the gym.

How To Play

On 'ready-set-go', two students on each team will grab a jumbo on the centerline and bring it to the closest cup on each side of the gym. Their partners will take a bean bag and toss it to the student with the jumbo. The student with the jumbo tries to catch the bean bag in the jumbo. If they miss, the student with the jumbo has to put the jumbo down, grab the bean bag, and run it back to their partner to try again. If they catch the bean bag, they take the jumbo, cup, and bean bag back to their partner and switch places with them. Students take turns throwing and catching until all 6 cups on each side are brought back to the center. Once all 12 cups are back, the team must run the set to the far wall and perform a relay from the center line. Once a team finishes the relay, they should sit down. The game ends once all teams have completed the relay.



Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Teamwork
- Communication
- Managing Emotions

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S3.E2.1	Actively engages in physical education class.
S4.E1.1	Accepts personal responsibility by using equipment and space appropriately.
S4.E6.4	Works safely with peers and equipment in physical activity settings.
S5.E2.3	Discusses the challenge that comes from learning a new physical activity.



Wagon Wheel

Use the QR code or visit [speedstacks.com/g46](https://www.speedstacks.com/g46) for the video

A team activity with running and stacking.

Equipment

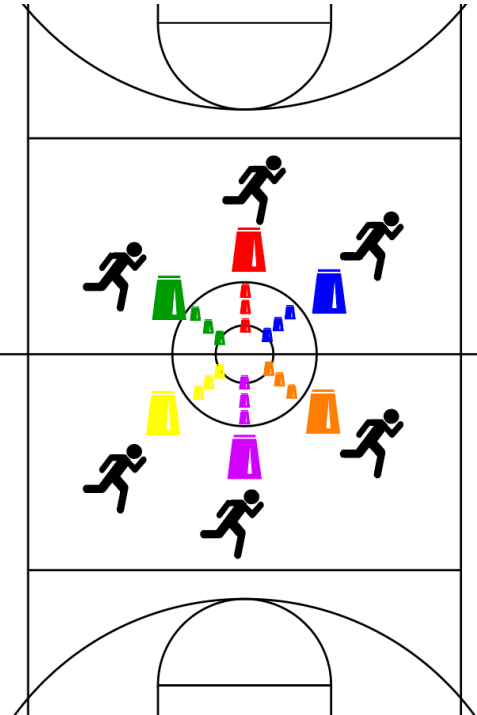
- Jumbo pack
- Sport pack

Set Up

Separate stackers into 6 groups. Place a stack of 6 jumbos around the center circle of the gym for each team. Place a set for each team member in a line towards the center like spokes on a wheel. Each student should sit next to a cup set.

How To Play

On 'ready-set-go', the student on each team closest to the outside of the circle gets up, grabs a jumbo, and runs clockwise around the circle. Once they have gone all the way around, they place the jumbo next to the other jumbos and then tag the next teammate in line. Each student goes around the circle with a jumbo until they have completed a 6 stack. Students who aren't running with a jumbo stay at their station and stack until it is their turn.



Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Self-efficacy
- Personal Responsibility
- Teamwork



Hungry Hippos

Use the QR code or visit [speedstacks.com/g47](https://www.speedstacks.com/g47) for the video

A team activity with running and stacking.

Equipment

- Jumbo pack
- Sport pack

Set Up

Separate students into 6 teams. Place jumbos on the far edges of the gym and put each team next to one. Get a set for each student and spread out the cups individually inside of the center circle.

How To Play

On 'ready-set-go', all students can run to the middle and grab one cup that matches their team color. They then run back to the jumbo and put the cups in a column. As soon as they have 12 cups, one of the students stays at the jumbo and stacks. Other students continue grabbing cups from the middle, with additional teammates staying back as more sets get made. Once everyone has a full set and has stacked a pattern twice, the game is over.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

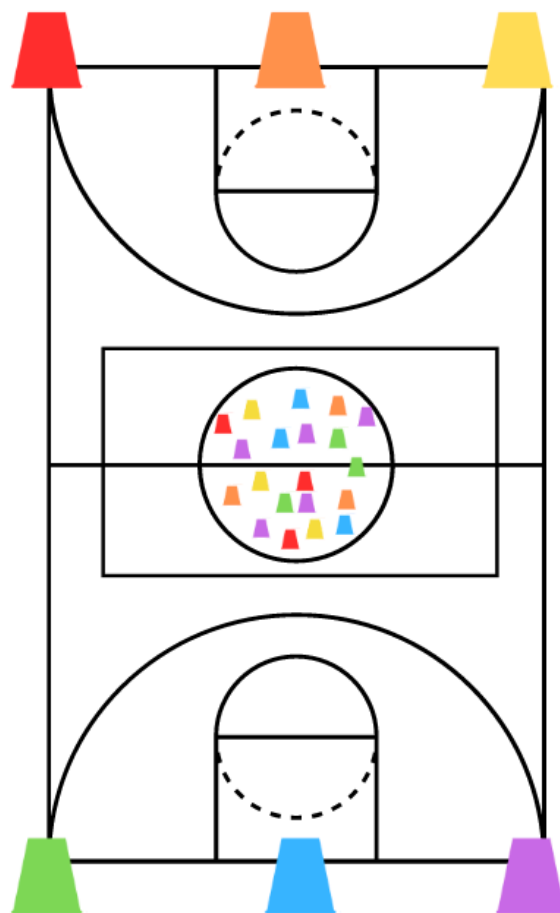
- Social Awareness
- Organization Skills
- Communication

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S2.E1.5	Combines spatial concepts with locomotor and non-locomotor movements for small groups in gymnastics, dance and games environments.
S2.E2.1b	Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).
S3.E1.2	Describes large-motor and/or manipulative physical activities for participation outside physical education class (e.g., before and after school, at home, at the park, with friends, with the family).
S4.E1.K	Follows directions in group settings (e.g., safe behaviors, following rules, taking turns).





Angry Birds

Use the QR code or visit [speedstacks.com/g48](https://www.speedstacks.com/g48) for the video

A fun game of throwing accuracy and stacking.

Equipment

- Jumbo pack
- Sport pack
- 10 Foam balls

Set Up

Set up 4 jumbo towers on each of the far sides of the gym. Each student has their own set of cups. Put half of the students on each side of the gym and spread them out. Each student must upstack their set where they stand. Place the foam balls along the centerline of the gym.

How To Play

On 'ready-set-go', students can run to the center and grab a foam ball, then return to their set. Once they are at their set, they can throw their ball to knock over a tower or set on the other side of the gym. If a set is knocked over, its owner must stop what they are doing and upstack it again. Students must always stand behind their cups and can try to prevent balls from knocking their cups over. They cannot try to stop balls from hitting the towers behind them. Once all of the towers on one side are down, the game is over.

Modification - If students are throwing for the jumbo towers they can move all the way up to the half court line. Otherwise if they are bowling for the regular sets, they have to stand behind their set. Balls can only be lobbed at jumbo towers and bowled at standard sets. No dodgeball style throwing.

Social Emotional Learning (SEL)

SEL helps strengthen the mind-body connection and center mental, social, and emotional health along with physical health.

- Teamwork
- Decision Making
- Self-efficacy

Shape Standards

Comprehensive framework for educators to deliver high-quality instruction and makes a positive difference in the health and well-being of every student.

Standard Description

S1.E14.4b Throws overhand to a partner or at a target with accuracy at a reasonable distance.

S2.E1.4a Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling).

S4.E2.5a Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.

S4.E6.4 Works safely with peers and equipment in physical activity settings.

