

Lesson 2 of 6

Games in Small Spaces

ABCD's of Physical Education



Activity	
Basic Skills	
Application of Basic Skills	A4-13

EQUIPMENT

set of 6-12 stacking cups per student » timer/stopwatch
» music (optional)
» TV/DVD player

RELATED RESOURCES

- Speed Stacks, www.speedstacks.com
- Daily Physical Activity: A Handbook for Grades 1-9 Schools, Alberta Education, 2006, www.education.alberta.ca/teachers/resources/dpa/asp

Warm It Up

CUP STACKING EXPLORATION

As students enter the activity area, show video clips of Sport Stacking (available online, see Related Resources). Briefly introduce the activity to students and demonstrate, or show a video of the cycle stack. Provide each student with a set of cups and allow a few minutes for exploration. Encourage students to stack the cups in different ways individually and with others. Students could work together or in small groups to make a tower of cups. Challenge groups to create the tallest, most creative stack.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see pages 19-20 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.

Clues that students are achieving the outcome...

"Students will select, perform and refine basic skills in individual activities; e.g., cross-country skiing." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can use both hands to stack cups
- Students can stack cups with increasing speed and accuracy



Whoop It Up

CUP STACKING

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Cup stacking is an activity that can be done over the course of several classes. The activities below describe introductory cup stacking activities. More learning activities and teaching tips are available at www.speedstacks.com. Ideally, students would have access to Speed Stacks for cup stacking, but other plastic cups can be used. To avoid having the cups stick together, drill 3-4 holes in the bottom of each cup before stacking.

Introduce the 3-stack to students. Start with three cups in a stack on the floor/table. Remove one cup with one hand and place it beside the stack, and remove a second cup with the other hand and place it on top of the other two to create a pyramid. This is called the up-stack. To down-stack, slide the cup at the top of the pyramid over a cup on the bottom with one hand, and pick up the third cup and place it on top of the other two with the other hand. It is important to alternate hands and to hold the cups with a gentle grip. Allow time for students to practice and become comfortable with the 3-stack.

Introduce the 3-3 cycle stack. Instruct students to start with two stacks of 3 cups about a forearm's length away on the table or floor in front of them. Students can start from the left or the right to up-stack each set of 3 cups. When both 3-stacks are up, students return to the stack they built first and down-stack each set of cups one at a time. Allow time for students to practice the 3-3 cycle stack.

Introduce the 3-3-3 cycle stack. The next progression is to add a third set of three cups. The rules of cycle stacking remain the same: choose to start up-stacking on either the right or left, and start down-stacking from the same side. Once the students have had time to practice, set up stacking relays in groups of 2-3. Each group starts behind a designated line and moves toward the 3 stacks placed 3-4 meters apart up-stacking while traveling away from their group and down-stacking on the way back. Challenge each group to take as many turns as possible completing the relay in the 2 minutes provided.



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Wrap It Up

Instruct students to find a personal space in the activity area and to sit on the floor with three stacks of 3 cups. One stack is placed to the left, another to the right and a third between the legs. Lead students through a stacking stretch by having them start on one side and twist their torso while up and down-stacking the cups. Invite students to move the stacks so they are all between the legs at an increasing distance from the body. Students stretch their legs and back as they reach forward to up and down-stack the cups.