



# GOING SOLO CUPS FOR FITNESS & COOPERATION

January 25, 2019

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# Agenda

1:15 pm to 1:20 pm	<ul style="list-style-type: none"><li>● Introduction</li><li>● Norms</li><li>● Why cups?</li></ul>
1:20 pm to 1:30 pm	<ul style="list-style-type: none"><li>● Instant Activity</li></ul>
1:30 pm to 1:40 pm	<ul style="list-style-type: none"><li>● Individual Activities</li></ul>
1:40 pm to 1:50 pm	<ul style="list-style-type: none"><li>● Partner Activities</li></ul>
1:50 pm to 2:00 pm	<ul style="list-style-type: none"><li>● Group Activities</li></ul>
2:00 pm to 2:05 pm	<ul style="list-style-type: none"><li>● Closure</li></ul>

# Norms

- Active Engagement
- Safety
- Have fun

# About me...

- 12th year at North Atlanta High School in Atlanta Public Schools
- 8 Years at Beecher Hills Elementary in Atlanta Public Schools
- 3 years at Floyd Middle School in Cobb County

# Objectives

Participants will be able to:

- Explore an instant activity, individual activities, partner activities, and group activities using cups.
- Transfer cup activities into their curriculum.
- Create cup activities for their curriculum.

# How Cups?

- Instant Activities
- Individual Activities
- Partner Activities
- Group Activities

# Why Cups?


- Accessible
- Cheap
- Fun
- Creative
- Different
- Kids love it!





1:00

# Instant Activity 1– Up/Down



Respectfully I say to thee  
I'm aware that you're  
cheating  
But no one makes me feel  
like you do


- 2 teams
- Objective: Turn over as many cups as possible in 1 minute.
- A team is assigned up & a team down.
- 1 minute each team
- Other team holds plank
- Rules:
  1. Must use hands & turn over cups (no kicking or knocking over)
  2. If the plank is not held, 5 points is given to the other team.





1:00

# Instant Activity 1– Up/Down



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  2. If the plank is not held, 5 points is given to the other team.

Heeyyy... Yaaaaaa.. (OH OH  
OH, don't want to meet yo'  
mama OH OH OH)

Heey Yaaaaaaa.. (Just want  
to make you cumma OH OH OH)

Heeyyy... Yaaaaaa.. (I'm, OH OH I'm,  
OH OH OH)

Heey Yaaaaaaa.. (I'm just being honest  
OH OH OH)

# Instant Activity 2– Team Stacks



- 2 teams
- Objective: Return the most cups to the line.
- Both teams go at once.
- Each person can pick up 5 cups at a time
- Rules:
  1. Once a person is getting cups, the other team can not “take.”
  2. Watch personal space

# Individual Activity



- Each person will need 10 cups
  - On tabata:
    1. Hold plank and tap top.
    2. V sit and heel tap side to side.
    3. In plank stack and restack cups (all 10 cups)
    4. V sit and heel tap on outside of cups and tap feet together on top.
- Repeat**

# Individual Activity #2



1. Ping Pong Ball toss with one cup
  - a. Toss ball into air with free hand and catch in cup.
  - b. Toss ball in air high with free hand and catch in cup.
  - c. Toss ball low & catch in cup.
  - d. What “fancy” ways an your catch?

**Challenge Non Dominant Hand...**

2. Ping Pong Ball toss with two cups....

# Partner Activity #1

1. Ping pong ball toss with partner...
  - a. Free hand toss
  - b. Two cups each



# Partner Activity #2

- 1. Compile all 20 cups in a stack.**
- 2. Partners sitting back to back.**
- 3. Feet off the ground.**
- 4. Cup stack to the right side of one person.**
- 5. On tabata person with all the cups, passes one cup at a time to their left hand, then to the other person.**
- 6. The other person receives cup with right hand, pass to their left hand, and stacks to their left.**
- 7. Repeat**

# Cup Return

- 1. Jog over and return cups to “stack”**
- 2. Create a group of 6 to 8 by a cone.**

The Go Gos-  
We got the  
Beat



# Group Activity One- Group Build



1. Join a group of 6 to 8 by a cone.
2. On the music, one person at a time, will (locomotor skill) over to the cups and retrieve 10 cups and a fitness card.
3. Lead group in 10 of the exercises on the card.
4. Next person goes....



*Begin building a creation.*

**4 CUP RULE...if more than 4 cups fall over during build, you must return 10 cups, and rebuild before moving forward.**

**Continue until all cups are gone, creation will assessed on creativity and ingenuity.**





# Cup Restack

- Goal: “Take down” cups without knocking over the creation.
- When a person has 20 cups return to Cup Container.
- Repeat

I'm comin' up  
so you better  
get this party  
started

# Thanks!!

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<https://tinyurl.com/20stwsolo>

**Project Fit America Fitness Cups:**  
<https://www.projectfitamerica.org/store.html>

