

☆ FitStacking ☆
Fitness Games and Activities For The Stacking Crowd

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Jog n' Stack Aerobic Relay Run

This large group activity is designed for smaller groups of 2-4. Assign a number to each member of a group (ie. number 1-4 if in groups of 4). Each group sets up a stacking station some where on the perimeter of the jogging track. Player #1 begins at the stacking station while the other members of the group line up, single file, on the jogging track.

On the "go" signal, player 1 begins stacking and the players on the track begin jogging. The front player in the jogging line sets the pace as the group tries to stay in a single line. When the 1st player finishes the 3rd stacking pattern, s/he runs to his/her group and joins the line at the back. The lead jogger runs to the stacking station and begins stacking. The new player in front sets the pace as the group continues to jog.

Variations:

- Change the time limit for longer or shorter jogging times.
- Allow the lead jogger to select the locomotor pattern.
- Change the stacking patterns.

Forearm Balance Stack

Give each player a stack of 3 cups. Challenge players to complete as many 3 cup pyramids as possible while holding a forearm balance. Players alternate hands for every cup moved.

*NOTES:

- This can be run as a timed event (30 secs- 1 minute)
- Suggested patterns: 3 cup pyramid, 6 cup pyramid, 333

3 Cup Pyramid Push Ups

Give each player a stack of 3 cups. While remaining in an "up" push up position, players try to record as many 3 cup pyramids as possible before losing push up form. Players use one hand to stack up and down switching to the opposite hand upon completion. Players alternate hands after every stack down.

Jump Stacking

Give each player a stack of 3 cups. Select a stacking pattern (3-3-3, 6-6, 3-6-3, and 1-10-1 work best). Players stack the cups up - do not stack down yet! After stacking up, the players jump over the stack. Once on the other side, the players stack down. After stacking down, the player stacks up and jumps over the up stack once again. The pattern is: stack up-jump over-stack down-repeat. Challenge the players to complete as many patterns as possible in 1 minute.

Up, Over and Back

Give each player a stack of 3 cups. Select a stacking pattern (3-3-3, 6-6, 3-6-3, and 1-10-1 work best). Players stack the cups up - do not stack down yet! After stacking up, the players jump over the stack and then back over. The players finish the stack down. Challenge the players to do as many stacks as possible in 1 minute. The pattern is: stack up-jump over and back-stack down- repeat.

Mountain Climbing

Give each player a stack of 3 cups. Select any stacking pattern. The players perform the stacking pattern (up and down). After completing the stacking pattern, the players perform 10 mountain climbers.

To perform a mountain climber the player starts in a lunge position (hands down one leg extended, the other leg flexed with the foot under the chest). While keeping the weight on the hands, the player switches the positions of the feet. Count 1 for every switch of the feet.

After 10 mountain climbers, the players perform another stacking pattern (the same or different depending on the task). Challenge the players to perform as many patterns as possible in 1 minute.

Minutes To Glory!

This is a class activity performed in groups of 3 (2 will also work). Give each group a stack of cups, hand counter (optional), score sheet (see appendix), and a pencil. A count down timer gives the students a good visual of the time, though this is an optional item.

Select a number of fitness activities that involve stacking cups (there are 7 listed on the score card found in the appendix). The stacking patterns are determined by the selected activities. With each group in its own area, have them set up a rotation: performer, on-deck and scorer.

On the "go" signal, the performer completes the activity as many times as possible in 1 minute. The scorer counts the number of patterns completed. After

1 minute a signal is sounded and the on deck player begins - do not stop the clock! The previous performer becomes the scorer while the scorer moves into the on-deck position. When each player has performed for 1 minute the task changes-again, do not stop the clock! The game is over when all of the activities have been scored by each player.

At the end of the activity the groups total up their scores. Instead of competing head to head give the class a goal to reach - 100 stacks, 500 stacks, whatever is thought reachable given their skill levels.

Topsy-Turvy

This is a good warm up activity for students to "loosen up" before being timed for the stacking patterns. Divide the players into 2's or 3's. Give each group a spinning top and a stack of cups (a plastic egg also works in place of a top). One player starts as the "spinner". The spinner spins the top. His/her partner performs a stacking pattern for as long as the top spins. Switch roles.

Suggested Patterns: 3-3-3, 3-6-3, 6-6, 1-10-1, or the cycle

Grizzly Bear Stack Relay

Another traditional type of relay, the Grizzly Bear Stack Relay also helps to develop upper body strength. The "grizzly bear" walk is performed by traveling on the hands and feet.

Set your class in a standard relay format with 2-4 players in each group. Place 3 stations of cups equal distances away from each other (10'-15' apart) for each group. Designate one end of the playing area as the start/finish where the groups are located. At the opposite end of the playing area, place a cone for each group.

On the "go" signal, the first player from each group performs the "grizzly bear" walk to the first set of cups. Once there, s/he begins performing the stacking pattern. When completed the player performs the "grizzly bear" walk to the next set of cups and begins the stacking pattern. After finishing the 3rd stacking pattern, the player performs the "grizzly bear" walk to the cone, tags the cone and runs back to the line. The 2nd player begins after receiving a high 5 from the 1st player.

The three sets of cups in the relay may all be the same pattern (all patterns work) or may be a combination of any or all of the patterns.

This relay may also be run against a designated time limit (possible multiple winners) or in a traditional race format.

Short Track Stack

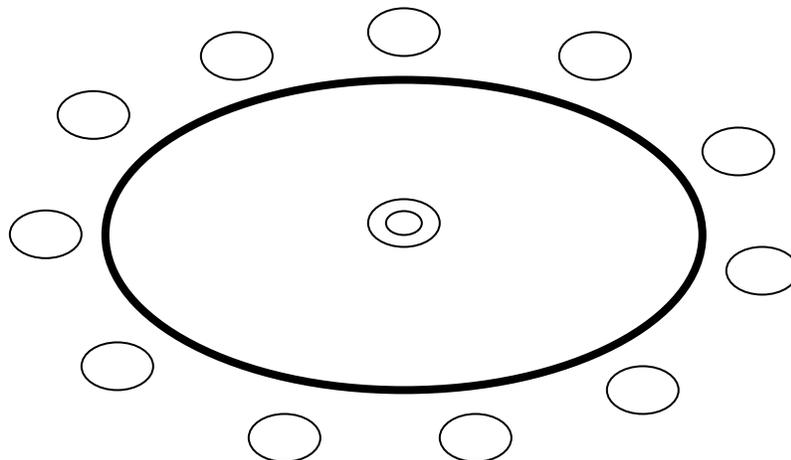
The inspiration for this activity came after watching short track speed skating during the Winter Olympics. The activity can run up to 10 minutes with breaks and changes in direction.

Divide the group into 4 lines, setting up like spokes on a wheel. One player stands on the outside with a bean bag. The outside player travels around the other players, finally placing the bean bag at the head of one of the lines. The players in that line perform a pre-selected stacking pattern. When completed, the players race around the other groups and try to make it back to a space in their line. Meanwhile, the outside player takes the place of one of the runners. When the group makes it back to the line, one player is left out and becomes the new outside player. Once the players understand the game, add another outside player/bean bag to get more groups up and running.

*Note: All players should run in one direction (clockwise or counterclockwise). Also, reinforce with the players to run *around* the other groups and not in between them.

Zippity-Doo-Daa!

Divide the class into groups of 2-3. Station the groups around the perimeter of the playing area. Give each group 1 set of cups. In the middle of the playing area place a large cone (something the players may tag with their hands). Select one pattern the class will perform. On "go", one player from each group performs the stacking pattern. After completing the pattern, the player runs and tags the cone in the middle of the playing area before returning to high 5 his/her partner (the next player). The group scores one point after the high 5 is made. The next player begins performing the stacking pattern *after* receiving the high 5. The groups have 3 minutes to score as many points as possible.



Super Muscle Stack Shuffle

This is a 2 or 3 player game. The players sit facing each other with their cups, a bell, and deck of cards (face down) between them. Assign an upper body exercise or activity to each of the playing card suits.

For example:

HEARTS	= 3 Cup Pyramid Push Ups
CLUBS	= Flip Flop Stack
DIAMONDS	= Log Roll Stack
SPADES	= Ultimate Pyramid Push Ups

The number on the card determines the number of repetitions the players must perform the corresponding task. The game begins with 1 player flipping a card off the top of the deck. One card is turned over at a time, alternating between the players. As the card is turned over the players complete the activity.

*NOTES:

- Card values should be from 1-10. Eliminate the face cards or designate the value of the face card anywhere from 1 to 10.
- Suggested patterns: 333, 6-6, 363, 1-10-1

Three Jump Stack Relay

Divide the class into groups of 2-3. Position all of the groups behind a designated starting line. At the opposite end of the playing area, place cones in a straight line. The distance between the starting line and the line of cones is determined by the amount of the playing area available and the grade level of the class (a longer distance for higher grades). Set a timer for 3 minutes.

Rules:

- On the "go" signal, the first student in each group makes 3 jumps forward (2 feet to 2 feet) while holding onto a set of cups.
- At the end of the 3rd jump, the player places the cups on the floor and performs the pre-selected stacking pattern.
- After completing the stacking pattern, the player takes 3 more jumps, stopping after the 3rd jump to complete the stacking pattern once again.
- When the player crosses the line of cones (this could be done on the 1st, 2nd or 3rd jump), s/he completes the stacking pattern one more time and then runs back to his/her partner.
- The next player may go *after* receiving a high 5 from the player returning from the playing area.
- A group "wins" if every player in the group is able to complete the task in under the time limit.

Suggested Patterns:

3-3-3, 3-6-3, 6-6, 1-10-1, cycle

line of cones

starting line

