



Cambridgeshire and Peterborough Virtual School Games

Sport Stacking Challenge



Schools—give each child a set of cups to use for the week. If possible give them 2 different colours, 6 of each colour.

Parents—if you don't have a set of speed stacking cups you can use paper cups—make holes in the bottom to allow the air to flow through.



Active Challenge

Cross Curricular

	Monday Rapid Fire	Tuesday 3,3,3	Wednesday The Shuffle	Thursday 3,6,3	Friday Shuttle runs
Active Challenge	Set out 12 cups in a straight line. Starting with the cups on the outsides use left/right hands at the same time to gather up the cups into 2 sets of 6. Time yourself and see if you can beat your time. If you can do that why not try the next step? https://www.speedstacks.com/home/rapid-fire/	Learn how to stack the 3,3,3 sequence by looking at this link. https://www.youtube.com/watch?v=NekIKtk1Ypg Do lots of practise before timing how quickly you can do it. Can you beat your time?	This is a fun activity just to get your hands moving quickly. Watch the link below. Start with 3 cups in each hand first to get used to it, then 4, then five finally finishing with 6! https://www.youtube.com/watch?v=eqD5tyKeTA8	The 6 stack is tricky, so spend a lot of time practising this first then add in the 3 stacks. Watch the link below to learn how to do it! https://www.youtube.com/watch?v=OjEH3ugV6mM	Time to get moving whilst practicing your stacking. This can be done inside or outside. Watch the link below! https://www.speedstacks.com/teach/pd-activities/shuttle-run/

Cross Curricular	History Find out as much as you can about the history of sport stacking. Can you find 10 different facts and list them or write them as a report?	Research Who is the current World Record holder for the 3,3,3? Which country do they come from? Can you find out who is the fastest male and female 3,3,3 stacker in the UK?	Maths This is a tricky one. If you do a 3 shuffle (3 cups in each hand) how many times do you move the cups? 15, 18 or 21 times? What would it be for a 4, 5 or 6 shuffle?	Research Same as Tuesday's questions but looking for 3,6,3 world and UK record holders.	Design Can you make up your own fun stacking activity or challenge?
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Children are encouraged to submit photos and videos of themselves and their families completing the challenges. Entries must include a school name and can be submitted via any of our social media platforms or emailed to schoolgames@livingsport.co.uk

Twitter and Facebook

@SouthCambsSSP South Cambs School Sports Partnership
 @HuntsSSP Hunts School Sports Partnership
 @CambridgeSSP Cambridge SSP
 @witchfordSSP Witchford Sports Partnership
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