

Sport Stacking





Bell-Ringer:

- With a partner,
name the three rules
of speedstacking

Agenda:



- Stations
- Fitness Stacking
- March Madness
- Retake Knowledge

Quiz

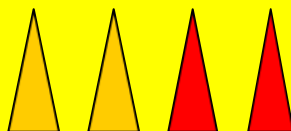
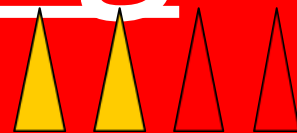
Warm-Up

log



Warm-Up

log



Warm-Up

log



Warm-Up

log

**Timer
Mats**

**Super
Stacks**

Blindfolds

**Mini
Stacking**

**Timer
Mats**

**Super
Stacks**

10

Blindfolds

**Mini
Stacking**

**Mini
Stacking**

Blindfolds

**Super
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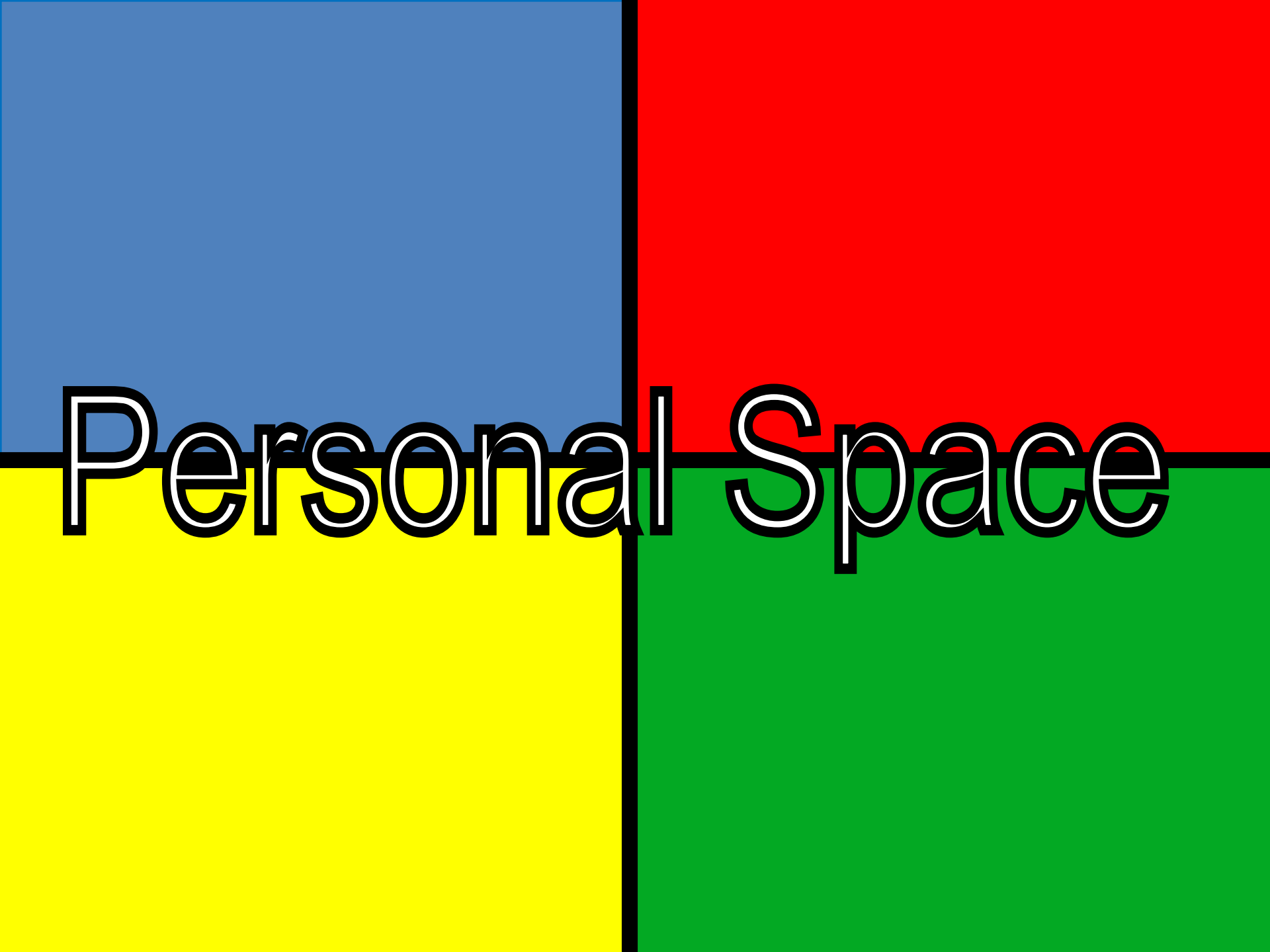
Blindfolds

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**Mini
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**Super
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Personal Space

Figure 4 Stretch



Push-Ups



Sitting V Stretch



Lunges



Standing V Stretch



Sit-Ups



Butterfly Stretch



Airplanes





Calling All Kids



Sport Stacking

- **Benefits**
 - **Fun**
 - **Challenging**
 - **Eye-Hand Coordination**
 - **Reaction Time**
 - **Bilateral Efficiency**



Gold Medal Challenge

Gold

Silver

Bronze

Survivor Tag



King / Queen of the Cups



Why failure is important to success

1 Failure teaches us lessons



2 Failure builds character



3 Failure makes us stronger



4 Failure builds resilience



5 Failure helps us learn



6 Failure encourages improvement



7 Failure creates opportunities



8 Failure encourages thinking



9 Failure encourages problem solving



10 Failure makes us more courageous