

# County Speed Stacking

## Activity - Individual 3-3-3

- Up-stack your cups in a 3 – 3 – 3 set – then down stack
- Time yourself – How long does it take to up-stack and down-stack
- You must start your up stack from one point, and return to that point to complete your down stack



## Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

## Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

## But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

## COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

## Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

## Make it inclusive

- Table low enough for wheelchair user

## Scoring

- Record your time to 2 decimal place in the table (e.g 10.23 seconds)

## Video

- Link to video to see how it is done can be found
  - [Here 3-3-3 Example](#)

HERTFORDSHIRE



# County Speed Stacking

## Activity – Girls & Boys Team of 4 - 3-3-3

- Line up in your team of 4 – 3m from the table (use a spot mat to measure 3m)
- First Person starts the clock/timer Up-stack your cups in a 3 – 3 – 3 set – then down stack – turn around and move to the back of the line
- When passed by the first person – the next person can move up to the table and complete their up-stack and down-stack – repeat until the 4<sup>th</sup> person has completed their up-stack and down-stack – they then stop the clock/timer
- How long does it take 4 people to up-stack and down-stack a 3-3-3
- You must start your up stack from one point, and return to that point to complete your down stack



### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

### But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

### COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

### Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

### Make it inclusive

- Table low enough for wheelchair user

### Scoring

- Record your time to 2 decimal place in the table (e.g 1.02.23 seconds)

### Video

- Link to video to see how it is done can be found
  - [Here 3-3-3 Example](#)

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# County Speed Stacking

## Activity – Mixed Team of 8 - 3-3-3

- Line up in your team of 8 (boy, girl, boy, girl etc) – 3m from the table (use a spot mat to measure 3m)
- First Person starts the clock/timer Up-stack your cups in a 3 – 3 – 3 set – then down stack – turn around and move to the back of the line
- When passed by the first person – the next person can move up to the table and complete their up-stack and down-stack – repeat until the 8<sup>th</sup> person has completed their up-stack and down-stack – they then stop the clock/timer
- How long does it take 4 people to up-stack and down-stack a 3-3-3
- You must start your up stack from one point, and return to that point to complete your down stack



### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

### But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

### COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

### Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

### Make it inclusive

- Table low enough for wheelchair user

### Scoring

- Record your time to 2 decimal place in the table (e.g 1.56.23 seconds)

### Video

- Link to video to see how it is done can be found
  - [Here 3-3-3 Example](#)

HERTFORDSHIRE

SCHOOL GAMES



# County Speed Stacking

## Activity - Individual 3-6-3

- Up-stack your cups in a 3 – 6 – 3 set – then down stack
- Time yourself – How long does it take to up-stack and down-stack
- You must start your up stack from one point, and return to that point to complete your down



### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

### But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

### COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

### Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

### Make it inclusive

- Table low enough for wheelchair user

### Scoring

- Record your time to 2 decimal place in the table (e.g 10.23 seconds)

### Video

- Link to video to see how it is done can be found
  - [Here - 3-6-3 Example](#)

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# County Speed Stacking

## Activity – Girls & Boys Team of 4 - 3-6-3

- Line up in your team of 4 – 3m from the table (use a spot mat to measure 3m)
- First Person starts the clock/timer Up-stack your cups in a 3 – 6 – 3 set – then down stack – turn around and move to the back of the line
- When passed by the first person – the next person can move up to the table and complete their up-stack and down-stack – repeat until the 4<sup>th</sup> person has completed their up-stack and down-stack – they then stop the clock/timer
- How long does it take 4 people to up-stack and down-stack a 3-6-3
- You must start your up stack from one point, and return to that point to complete your down stack



### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

### But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

### COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

### Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

### Make it inclusive

- Table low enough for wheelchair user

### Scoring

- Record your time to 2 decimal place in the table (e.g 1.02.23 seconds)

### Video

- Link to video to see how it is done can be found
  - [Here 3-6-3 Example](#)

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YOUTH  
SPORT  
TRUST

# County Speed Stacking

## Activity – Mixed Team of 8 - 3-6-3

- Line up in your team of 8 (boy, girl, boy, girl etc) – 3m from the table (use a spot mat to measure 3m)
- First Person starts the clock/timer Up-stack your cups in a 3 – 6 – 3 set – then down stack – turn around and move to the back of the line
- When passed by the first person – the next person can move up to the table and complete their up-stack and down-stack – repeat until the 8<sup>th</sup> person has completed their up-stack and down-stack – they then stop the clock/timer
- How long does it take 4 people to up-stack and down-stack a 3-6-3
- You must start your up stack from one point, and return to that point to complete your down stack



### Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

### But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

### COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

### Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

### Make it inclusive

- Table low enough for wheelchair user

### Scoring

- Record your time to 2 decimal place in the table (e.g 1.58.23 seconds)

### Video

- Link to video to see how it is done can be found
  - [Here 3-6-3 Example](#)

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SCHOOL GAMES



# County Speed Stacking

## Challenge - Cycle

- Can you complete the Speed Stack Cycle
- Click to see how to complete it [Cycle Method](#)

## Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

## Equipment needed

- Set of speed stack cups per pupil
- Table
- Timer
- Spot Mat

## But what else can I use?

- Set of plastic cups x12
- Watch or phone timer
- Cones

## COVID Friendly

- Each child to use their own set of cups
- If not enough cups per child – put into bubble groups and ensure children have washed hands before and after

## Social Distance

- Use cones to space children out whilst waiting for their turns
- Ensure tables are placed 4 m away from each other to ensure enough room for pupils to walk to the back of their line

## Make it inclusive

- Table low enough for wheelchair user

## Scoring

- NONE – Just for fun

## Video

- Link to video to see how it is done can be found

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