



Teacher's Information



WHAT IS SPORT STACKING?

Sport Stacking with Speed Stacks is an exciting individual and team sport where participants of all ages and abilities stack and unstack 12 specially designed cups (Speed Stacks) in specific patterns with amazing precision and dexterity. Competitors stack on a StackMat®, either individually against the StackMat clock or head-to-head in relay teams.

Active and healthy, sport stacking improves ambidexterity, concentration and hand-eye coordination. A university study has shown that sport stacking increases bilateral proficiency; equal performance on both sides of the body, which helps develop awareness, focus, creativity and rhythm.

Instructors are calling it a “Track Meet for Your Hands” and are amazed to see their students’ reactions and eagerness to participate. Kids simply think it’s cool and fun!

Already part of PE curriculums in over 40,000 schools worldwide, sport stacking is the new competitive sport of speed and skill. Speed Stacks are the official sport stacking equipment of the World Sport Stacking Association (WSSA).

Speed Stacks has developed strong Sport Stacking programmes in 26 countries including Canada, Germany and the United Kingdom. The sport has also reached Austria, Australia, China, Colombia, Denmark, Hong Kong, Ireland, Israel, Japan, Mexico, New Zealand, Philippines, Singapore, South Africa, Switzerland, Taiwan, Thailand, and Turkey.

Because of its popularity with instructors and students alike, Sport Stacking tournaments and events are taking place all around the world, culminating in one annual finale - The WSSA World Sport Stacking Championships.

Instructors all around the world are discovering the positive benefits Sport Stacking offers; so come and join in the action and learn what Sport Stacking can do for your PE programme!

SPEED STACKS Inc

Speed Stacks Inc. is a family-owned company with a reputation built on customer service, quality products and committed staff members who share a passion for Sport Stacking! Speed Stacks Inc. has been in business for over 16 years, equipping teachers and instructors with everything they need to start and expand their Sport Stacking programme.

Speed Stacks (NZ) has been developing Sport Stacking programmes in New Zealand since January 2008 and helps organise regional and national tournaments. Sport Stacking is now in over 800 pre-schools, primary, intermediate and secondary schools throughout New Zealand!



THE SCIENCE BEHIND THE FUN!

IMPROVED HAND-EYE COORDINATION AND REACTION TIME

“Significant improvements were noted for both hand-eye coordination and reaction time in both the dominant and non-dominant hand... Therefore, Sport Stacking is indeed effective at enhancing hand-eye coordination and reaction time.”

The Influence of Sport Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students” published in Research Quarterly for Exercise and Sport, Dr Steven Murray (Dept. of Human Performance and Wellness, Mesa State College) and Dr Brian Udermann (Dept. of Exercise and Sport Science, University of Wisconsin Lacrosse).

RIGHT AND LEFT BRAIN ACTIVATION

In a recent study, Dr Melanie Hart empirically examined the electrical activity of the two hemispheres of the brain, as measured by an electroencephalogram (EEG), while Sport Stacking.

“The results of this study support the claim that Sport Stacking does utilize both sides of the brain.”

Dr Melanie Hart, Assistant Professor of Health, Exercise and Sports Sciences at Texas Tech University.



BILATERAL COORDINATION

“We found that Sport Stacking has a positive effect on the development of bilateral coordination in sixth-grade physical education students.”

Chris K. Rhea and Associates’ study to track the influence of Sport Stacking on psychomotor parameters.

FITNESS

“Sport Stacking has an energy expenditure of 2.9 METs, and it is similar to other activities involved in typical physical education courses (e.g., weight lifting light to moderate, archery, bowling, volleyball, walking 2.5 mph).”

Dr Steven Murray (Mesa State College) and Dr Brian Udermann (University of Wisconsin-Lacrosse) from their research study measuring the energy expenditure of Sport Stacking.

For detailed information on any of these studies go to our US Instructors’ Section at www.speedstacks.com/instructors



ADDITIONAL RESEARCH

Sport Stacking with Speed Stacks has been featured on the Dynamic Physical Education for Secondary School Students written by renowned Physical Education authority Dr Robert Pangrazzi and his colleague Dr Paul Darst. Their research includes a complete unit on Sport Stacking and concludes that Sport Stacking meets NASPE National Standards for Physical Education.

“Sport Stacking is a full-fledged, challenging and fun motor-skilled activity, while also emerging as a stand-alone sport. Much like juggling, Sport Stacking focuses on hand-eye coordination and dexterity, but with a much higher success rate. It is easy to learn and appeals to all ability levels of students.”

STANDARDS AND ACCOUNTABILITY

We live in a time of greater accountability and tougher standards. Today more emphasis has been placed on academic achievement, therefore many Physical Education Professionals are searching for ways to equip their students for the challenges they face while achieving fitness and fun.

Look no further than Sport Stacking with Speed Stacks! As a Physical Education Professional incorporating Sport Stacking into your curriculum, you will not only promote greater academic achievement for your students, you will also be fulfilling NASPE Standards (US Schools) and many state requirements. In New Zealand, Sport Stacking fits into the Health and Physical Education Curriculum under Strand B: Movement Concepts and Motor Skills. *“Learning physical skills helps students to develop understandings about how they move and about how to care for themselves, manage competition, and make informed choices in relation to play, recreation, and work.”*



Here is what is being said by professionals like you...

“Sport Stacking is really improving our students academically because it actually causes the brain to communicate between the two hemispheres. We are seeing our students’ level of concentration increasing, they are improving in reading and their self-esteem is going up.”

Harry Smith, APE

“Sport Stacking in Memphis City Schools has been a wonderful experience. The professional development that the Speed Stacks group has provided for us has been a great addition to the program. My teachers tell me over and over about how much fun they are having with Sport Stacking in their classrooms as well as enhancing academic achievement. So it is a win, win!”

Dr Carol Irwin, PE Coordinator, Memphis City Schools



1. SPORT PACK

Get your own Speed Stacks Sport Pack. A Sport Pack is the best way to get your programme started. Our Sport Packs come in 15 and 30 set sizes and have everything you need to teach Sport Stacking to your entire class. The sport pack also contains our Activity Guide with over 70 movement-based activities for increasing fitness levels!



2. STUDENT DISCOUNT

While you are teaching your Sport Stacking unit, your students will want to purchase their own gear. Speed Stacks gives your students a 10% discount on cups, mats and timers. Just email the office enquiries@speedstacks.co.nz or call (09) 431 5559 to get your school's Discount Code for students and their families to use on our website.

3. WSSA

The World Sport Stacking Association (WSSA) is the official governing body of the sport. www.theWSSA.com

WSSA NZ is keen to help you and your school form a club or put on tournaments to compete against other schools in your area. Phone the Speed Stacks (NZ) office now for more information.

