

**Sequences of Stacks (SOS Friday format)**  
**2015 Iowa AHPERD Convention**  
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**Learning Targets focused upon during Sequences of Stacks 2:**

- I can demonstrate proper Speed Stacking technique. (St. 1)
- I can implement basic strategy to help my team be successful at each station. (St. 2)
- I can follow all rules (as explained), demonstrate good sportsmanship toward my teammates and others, & use equipment appropriately (St. 4)

**SOS Friday Format:**

Originated from presentation by Rick Schupbach (Grundy Center) and Mark Jungmann (North Polk). They presented at the Iowa AHPERD Convention in 2013 held at Buena Vista University in St. Lake, IA. I modified their format to fit this content concept.

**Grade Level:** K-5

**Materials:** see page 2

**Overall concept:** Students work in teams to accomplish 4 different stations challenges each in under 3:00 / station

**Activity Set-Up**

K-2

- See diagram on page 2

**Main Activity:**

- Divide students into 4 equal groups sitting behind a colored cone (red, blue, yellow, white)
- Explain learning targets of the lesson
- Describe each station (see page 2)
  - Levels
  - Run & Build
  - Team Pyramid Build
  - Opposites
- Determine a “reward” person
- Explain where the reward cups are placed once earned.
- Show/ describe the video screen and how it will be utilized to communicate information (time left, station assignments)
- Assign a “next station leader” per group. Their role is to look at the screen and determine where the group goes next
- Explain the inclusion of the “Workout App” and how I utilize it in combination with the Keynote projection
- Send groups off to their starting stations
- Groups perform the stations
- Return to starting cones and discuss “best bucket filler” per group and WHY they were voted that way
- Review learning targets and award winning team “Top Dog” awards

**Sequences of Stacks 2 video example:**

***Students performing Sequences of Stacks***



## Sequence of Stacks 2

Stations:

**#1- Run & Stack (3 sets)**

- 3-6-3
- 6-6
- 1-10-1
- Place cards (for each sequence)
- 5-6 cones

**#2- Stack 66 (11 on bottom)**

Station Card  
12 sets of cups

**#3- Opposites across the gym & build a 3-6-3**

- 2 stacks of 3
- 1 stack of 6
- 2 stacks of 6
- 1 stack of 10
- 28 cups, 5-6 cones

**#4- Levels (opposites?) (4 sets)**

#1- 3, 3, 3, 3  
#2- 3-6-3  
#3- 6-6  
#4- 1-10-1  
5 hula hoops, 16 bean bags

#1- Students run to opposite side of gym carrying 1 cup at a time. Place on ground and run back. Groups are trying to create 3 different up stacked sequences (3-6-3, 6-6, 1-10-1) one cup at a time

#2- The group has to build 2 different pyramids using 55 cups for each tower (10 on bottom)

#3- Students run across gym up or down stacking a sequence of cups and build a pyramid of cups one cup at a time (28 cups total, 7 on bottom), then run back and get in line

#4- 4 sets of 4 levels of differing sequences they have to up stack and down stack the sequence then progress to the next level. Once done, they toss a beanbag into a central hoop and start over.

Diagram:

